

All Rise 'n' Dance

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Count: 72 **Wall:** 2 **Level:** Phrased Intermediate

Choreographer: Mary E Richardson (Scotland UK) 2013

Music: All Rise by Blue

32 Count Intro

Danced In 2 Parts A & B - With 8 Count Tag on 3rd Wall Facing Back

(A) - 32 counts

Section 1 - Walk- walk - Rock & Cross - Syncopated Weave - Rock & Cross

1 2 Walk forward on right, walk forward on left

3&4 Step right to right side, rock onto left foot, cross right over left

5&step left to left side, step right behind left

6&step left to left side, cross right over left

7&8step left to left side, rock onto right in place, cross left over right

Section 2 - Long Step Right Side - Slide Left To Right - (Shimmy) Kick Ballchange - Long Step Right side - Slide Left To Right, Coaster Step $\frac{1}{4}$ Turn Right

1 2 Take a long step right to right side, slide left up next to right

3&4 Kick right forward, step ball of foot next to left, step left in place

5 6 Take a long step right to right side, slide left up next to right

7&8 Step back right making $\frac{1}{4}$ turn right, step left beside right, step right forward

Section 3 - Step Cross - Side Touch - Step Cross - Step Back - Step left in place - Step Cross -Side Touch - Step Cross - Step Back - Step Left in Place

1 2 Step left across right, touch right out to right side

3&4 Cross right over left, step left back, step right in place

5 6 Step left across right, touch right out to right side

7&8cross right over left, step left back, step right in place

Section 4 - Shuffle Back x2 - Step Back - Step Forward $\frac{1}{4}$ Turn Right - Shuffle Forward

- 1&2 Shuffle back left, right, left
- 3&4 Shuffle back right, left, right
- 5 6 Step left back, step forward right making $\frac{1}{4}$ turn right
- 7&8 Shuffle forward, left, right, left

Tag Danced at the end of 3rd Wall Facing Back Wall.

- 1&2 Shuffle forward right, left, right
- 3&4 Shuffle forward, left, right, left
- 5&6 Shuffle forward right, left, right
- 7&8 Shuffle forward left, right, left.

(B) - 40 counts

Starts On 7th Wall) Is danced only once facing front

Walk Walk, Rock & Cross -Syncopated Weave - Rock & Cross

- 1 2 Walk forward on right, walk forward on left
- 3&4 Step right to right side, rock onto left foot, cross step right over left
- 5& Step left to left side, step right behind left
- 6& Step left to left side, cross step right over left
- 7&8 Step left to left side, rock onto right, cross step left over right

Walk Forward x3 & Touch Heel Forward - Walk Back x3 Heel Touch

- 1 2 3 4 Walk forward, right, left, right, Touch left heel forward
- 5 6 7 8 Walk back, left, right, left, touch right heel Forward

Walk Forward x 3 -Touch Heel Forward - Walks Backward x3 - Heel Touch

- 1 2 3 4 Walk forward, right, left, right, touch left heel forward
- 5 6 7 8 Walk backward left, right, left, touch right heel forward

Ball change - Step -Heel Touch Diagonal Forward - Ball change - Step - Heel Touch - Diagonal Forward - Syncopated Jazz Box

- &1&2 Step right slightly behind left, step left in place, touch left heel out to left diagonal
- &3&4 Step left slight behind right, step right in place, touch right heel out to right diagonal
- &5 6 7 8 Step right , cross left over right, step back left, step left to left side, close right to left

Ball change - Step -Heel Touch Diagonal Forward - Ball change - Step - Heel Touch - Diagonal Forward - Syncopated Jazz Box

&1&2 Step right slightly behind left, step left in place, touch left heel out to left diagonal

&3&4 Step left slightly behind right, step right in place, touch right heel out to right diagonal

&5 6 7 8 Step right, cross left over right, step back left, step left to left side, close right to left

Restart from Beginning . Section (A) Until End of Music