

Rise

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Count: 32 **Wall:** 4 **Level:** Novice

Choreographer: Marianne LANGAGNE (July 2019)

Music: Rise by Caroline Jones

Intro : 16 counts

3 Restarts (2nd wall (3o'clock) - 5th wall (9o'clock) - 9th wall (9o'clock))

[1 - 8] TAP, KICK, COASTER STEP, ROCK FWD, BACK TRIPLE

1 - 2 Tap R Ball, Kick RF FWD

3 & 4RF back & together, RF FWD

5 - 6LF FWD, recover on RF

7 & 8LF back & together, LF back

[9 - 16] TWIST TURN ½, SIDE ROCK CROSS WITH R ¼ TURN, POINT ON R SIDE - FWD - R SIDE

1 - 2R Ball behind LF, Right ½ turn (weight on RF) 6o'clock (Restart -2 and 3 but after ½ turn weight on LF)

3 - 4LF FWD, R ¼ turn - recover on RF 9o'clock

5 - 6 Cross LF over RF, R point to the Right

7 - 8R point FWD, R point to the right (Restart 1)

[17 - 24] ROCK BACK, SIDE TRIPLE, ROCK BACK, STEP FWD, R ½ TURN

1 - 2RF back, recover on LF

3 & 4RF to the right & LF next to RF, RF to the right

5 - 6LF back, recover on RF

7 - 8LF FWD, R ½ turn (weight on RF) 3o'clock

[25 - 32] FULL TURN, WALK L-R, TRIPLE FWD, BOUNCES WITH R ¼ TURN

1 - 2R ½ turn - LF back, R ½ turn - RF FWD

3 - 4 Walk L, Walk R

5 & 6LF FWD & together, LF FWD

7 - 8 2 Bounces with R ¼ turn (weight on LF)

HAVE FUN !!!

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