

Rise Up This Morning

Choreographers: Colin Ghys (BE) & Ivonne Verhagen (NL)
Description: 32 Counts, 2 Walls, Beginner Level Dance
Music: Three Little Birds by Timmy Trumpet, Prezioso and 71 Digits
Intro: 80 Counts, Start at approx 35 secs

Note: This can be danced contra, start offset from partner

SEC 1 Side Shuffle, Back Rock, Side Shuffle, Back Rock

1&2 Step right to right, step left beside right, step right to right
3-4 Rock left back, recover weight on to right
5&6 Step left to left, step right beside left, step left to left
7-8 Rock right back, recover weight on to left

Restart Here on Wall 4

SEC 2 Toe Strut, Toe Strut, Skate, Skate, Rock

1-2 Touch right forward, drop right heel transferring weight onto right
3-4 Touch left forward, drop left heel transferring weight onto left
5-6 Skate right forward, skate left forward
7-8 Rock right forward, recover weight on to left

SEC 3 ½ Shuffle, Rock, Coaster Step, Kick Ball Change

1&2 Turn ¼ right step right to right, step left beside right, turn ¼ right step right forward (6:00)
3-4 Rock left forward, recover weight on to right
5&6 Step left back, step right beside left, step left forward
7&8 Kick right forward, step right beside left, step left forward

SEC 4 Jazzbox Cross, Side, Touch, Side, Touch

1-2 Cross right over left, step left back
3-4 Step right to right, cross left over right
5-6 Step right to right, touch left beside right
Arms Wave both arms over head to right
7-8 Step left to left, touch right beside left
Arms Wave both arms over head to left