

# Rise Up

**Count:** 64 / **Wall:** 2 / **Level:** Intermediate

**Choreographer:** Dwight Meessen – June 2017

**Music:** "Rise Up" by Andra Day (Album: Cheers To The Fall)

**I want to dedicate this dance to my stepmother who has breast cancer.**

**You are a fantastic and lovely person! , You can win this battle. Be strong and lots of love.**

**Info: Start on vocals**

## **S1: Slow NC Basic x2**

1-4 RF big step side, LF drag, LF rock behind, RF recover  
5-8 LF big step side, RF drag, RF rock behind, LF recover [12]

## **S2: ¼ R Fwd, Hold, Spiral ⅞ R/Sweep, Fwd x2, Rock Fwd Recover**

1-2 RF ¼ right step forward, hold  
3-4 RF ⅞ turn right on ball foot and sweep LF around in 2 counts  
5-8 LF step forward, RF step forward, LF rock forward, RF recover [1.30]

## **S3: Back x2, Rock Back Recover, ⅞ R Fwd, Unwind ¾ R/Sweep, Behind, Side**

1-4 LF step back, RF step back, LF rock back, RF recover  
5-6 LF ⅞ right step forward, LF ¾ right on ball foot and sweep RF back  
7-8 RF cross behind, LF step side [12]

## **S4: Cross, Sweep, Mod. Diamond ½ L**

1-4 RF cross over, LF sweep forward, LF cross over, RF step side  
5-6 LF ⅞ left step back, RF step back  
7-8 LF ⅞ left step side, RF ¼ left step forward [6]

## **S5: Rock Fwd Recover, Back, Sweep, Back, Sweep, Back, Side**

1-2 LF rock forward, RF recover  
3-6 LF step back, RF sweep back, RF step back, LF sweep back  
7-8 LF step back, RF step side [6]

## **S6: Cross, Sweep (x2), Jazz Box ¼ L**

1-2 LF cross over, RF sweep forward and push R hand up with fingers spread  
3-4 RF cross over, LF sweep forward and R hand down  
5-8 LF cross over, RF ¼ left step back, LF step side, RF step forward [3]

## **S7: Cross, Sweep (x2), Jazz Box Cross ¼ L**

1-2 LF cross over, RF sweep forward and push R hand up with fingers spread  
3-4 RF cross over, LF sweep forward and R hand down  
5-8 LF cross over, RF ¼ left step back, LF step side, RF cross over [12]

## **S8: Slow NC Basic, ¼ R Fwd, Pivot ¼ R, Cross**

1-4 LF big step side, RF drag, RF rock behind, LF recover  
5-8 RF ¼ right step forward, LF step forward, L+R ¼ turn right, LF cross over [6]

## **Start again**

### **TAG: After the 2nd and 5th walls:**

#### **1 Slow Sway x2, ¼ R Fwd, Pivot ¼ R, Cross**

1-2 RF step side and hips right in 2 counts  
3-4 hips left in 2 counts  
5-8 RF ¼ right step forward, LF step forward, L+R ¼ turn right, LF cross over

#### **2 Slow Sway x2, ¼ R Fwd, Pivot ¼ R, Cross**

1-2 RF step side and hips right in 2 counts  
3-4 hips left in 2 counts  
5-8 RF ¼ right step forward, LF step forward, L+R ¼ turn right, LF cross over

#### **3 Slow NC Basic x2**

1-4 RF big step side, LF drag, LF rock behind, RF recover  
5-8 LF big step side, RF drag, RF rock behind, LF recover

#### **4 Slow Sway x2, ¼ R Fwd, Pivot ¼ R, Cross**

1-2 RF step side and hips right in 2 counts  
3-4 hips left in 2 counts  
5-8 RF ¼ right step forward, LF step forward, L+R ¼ turn right, LF cross over