



Rise and Shine

(October 2023)

contact@adamastmar.se – Sweden
lovelinedance@live.dk – Denmark



Information:	80 Counts, 2 wall, Phrased Intermediate Swing.	
Choreographers:	Adam Åstmar (SE), Malene Jakobsen (DK).	
Music:	"Rise and Shine" by Deorro (3:26) ~ 128 bpm.	
Intro:	96 counts from start of track, approx. 45 seconds.	
Sequence:	A – B – C – C – A – A – B – C – C – B – B – A – Ending	
Note:	For the intro you're allowed to fool around on the floor for a bit, just make sure to be ready to start!	
Section	Steps & Explanations	End Facing
A – 1	Fwd. Point Fwd. Back. Touch. Step ½ Turn L. Run R, L, R ¼ L.	
1 – 4	Step forward on RF (1). Point LF forward (2). Step back on LF (3). Touch RF next to LF (4).	12'00
5 – 6	Step forward on RF (5). Turn ½ L place weight on LF (6).	6'00
7 & 8	Run Forward ¼ L stepping RF (7), LF (&), RF (8).	3'00
A – 2	Rock Fwd. ¼ L. Cross. Big Step, Drag. Ball Side. Together.	
1 – 4	Rock forward on LF (1). Recover on RF (2). Turn ¼ L stepping to L on LF (3). Cross RF over LF (4).	12'00
5 – 7	Big step to L on LF (5). Drag RF towards LF (6, 7).	12'00
& 8	Ball step to R on RF (&). Close LF next to RF (8).	12'00
B – 1	Rock Fwd. Shuffle ½ Turn R. Rock Fwd. ¼ L Chasse.	
1 – 2	Rock forward on RF (1). Recover on LF (2).	12'00
3 & 4	Turn ¼ R stepping to R on RF (3). Close LF next to RF (&). Turn ¼ R stepping forward on RF (4).	6'00
5 – 6	Rock forward on LF (5). Recover on RF (6).	6'00
7 & 8	Turn ¼ L stepping to L on LF (7). Close RF next to LF (&). Step to L on LF (8).	3'00
B – 2	Cross. Side. Sailor Step. L Vaudeville. Ball, Cross. Side, Touch.	
1 – 2	Cross RF over LF (1). Step to L on LF (2).	3'00
3 & 4	Step RF behind LF (3). Step to L on LF (&). Step to R on RF (4).	3'00
5 & 6	Cross LF over RF (5). Step to R on RF (&). Touch L heel to L diagonal (6).	3'00
& 7 & 8	Ball Step LF next to RF (&). Cross RF over LF (7). Step to L on LF (&). Touch RF next to LF (8).	3'00
B – 3	Back, Kick. Back, Kick. Rock Back. Step ¼ Turn L.	
1 – 2	Step back on RF, slightly bending knee (1). Kick LF forward and straighten R knee (2).	3'00
3 – 4	Step back on LF, slightly bending knee (3). Kick RF forward and straighten L knee (4).	3'00
5 – 8	Rock back on RF (5). Recover on LF (6). Step forward on RF (7). Turn ¼ L placing weight on LF (8).	12'00
B – 4	Jazz Box ¼ R Cross. Run ¾ R. Step, Together.	
1 – 2	Cross RF over LF (1). Turn ¼ R stepping back on LF (2).	3'00
3 – 4	Step to R on RF (3). Cross LF over RF (4).	3'00
5 & 6 & 8	Run ¾ R stepping R (5), L (&), R (6), L (&).	12'00
7 – 8	Step forward on RF (7). Close LF next to RF (8).	12'00
Option	When stepping forward on count 7, slightly "delay" upper body to get a dragging effect, thus hitting the music!	
C – 1	Hitch, Back. Coaster Cross. Side Rock. Behind, ¼ L, Fwd.	
1 – 2	Hitch R knee, slightly raising up on L toes (1). Step back on RF (2).	12'00
3 & 4	Step back on LF (3). Close RF next to LF (&). Cross LF over RF (4).	12'00

5 – 6	Rock to R on RF (5). Recover on LF (6).	12'00
7 & 8	Step RF behind LF (7). Turn ¼ L stepping forward on LF (&). Step forward on RF (8).	9'00
C – 2	Hitch, Back. Coaster Cross. Side Rock. Sailor ¼ L.	
1 – 2	Hitch L knee, slightly raising up on R toes (1). Step back on LF (2).	9'00
3 & 4	Step back on RF (3). Close LF next to RF (&). Cross RF over LF (4).	9'00
5 – 6	Rock to L on LF (5). Recover on RF (6).	9'00
7 & 8	Cross LF behind RF (7). Turn ¼ L stepping RF in place (&). Step forward on LF (8).	6'00
C – 3	Fwd, Heel Split. Fwd, Heel Split. Kick, Small Hitch. Back, Drag. Ball, Fwd.	
1 & 2	Step forward on RF (1). Swivel both heels out to sides, splitting them (&). Swivel both heels in place weight on RF (2).	6'00
3 & 4	Step forward on LF (3). Swivel both heels out to sides, splitting them (&). Swivel both heels in place weight on LF (4).	6'00
5 & 6	Kick RF forward (5). Hitch R knee slightly (&). Step back on RF (6).	6'00
7 & 8	Drag LF towards RF (7). Close LF next to RF (&). Step forward on RF (8).	6'00
C – 4	Rock Fwd. Shuffle ½ Turn L. 1/8 L Out-Out, 1/8 L In-In, 1/8 L Out-Out, 1/8 L In-In.	
1 – 2	Rock forward on LF (1). Recover on RF (2).	6'00
3 & 4	Turn ¼ L stepping to L on LF (3). Close RF next to LF (&). Turn ¼ L stepping forward on LF (4).	12'00
& 5	Turn 1/8 L stepping out to R on RF (&). Step out to L on LF (5).	10'30
& 6	Turn 1/8 L returning RF to center (&). Close LF next to RF (6).	9'00
& 7	Turn 1/8 L stepping out to R on RF (&). Step out to L on LF (7).	7'30
& 8	Turn 1/8 L returning RF to center (&). Close LF next to RF (8).	6'00
Ending	When finished with the last A, just start to playfully walk off the floor while the last of the song is playing.	

Please do not change anything in this stepsheet. If you want to use this somewhere else, you need to make sure that it's in original form and nothing's missing, such as contact details etc.

Copyright © 2023 – Adam Ástmar. All rights reserved.