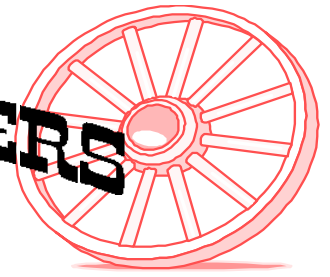




COUNTRY CLUB DANCERS



Calum's Rise

Dance taught by Karen
Blazer for the Country
Club Dancers 02-03-2025

Choreographed by: Colin Ghys (BEL), August 2024, super-colin@hotmail.com

Description: 32 count 4 wall Beginner line dance

Music: **Rise** by Calum Scott, 114 bpm, Album: **Bridges**, June 2022

Intro: 8 counts, Start at approximately four seconds

1 – 8 **Walk, Walk, Shuffle, Rock, Back shuffle**

1-2 Step right forward, Step left forward

3&4 Step right forward, Step left beside right, Step right forward

5-6 Rock left forward, Recover weight onto right

7&8 Step left back, Step right beside left, Step left back

9 – 16 **Back, Back, Coaster cross, Side hip sways**

1-2 Step right back, Step left back

3&4 Step right back, Step left beside right, Cross right over left

5-6 Step left to left swaying hips left, Sway hips right

7-8 Sway hips left, Sway hips right

Arms: Steps 5-8: Raise both arms to the side

17 – 24 **Cross rock, Side shuffle, Cross Rock, ¼ Shuffle**

1-2 Cross rock left over right, Recover weight onto right

3&4 Step left to left, Step right beside left, Step left to left

5-6 Cross rock right over left, Recover weight onto left

7&8 Step right to right, Step left beside right, Turn ¼ right step right forward (3:00)

25 – 32 **Step, ½ Pivot, Walk, Walk, Rock, Coaster step**

1-2 Step left forward, Pivot ½ right transferring weight onto right (9:00)

3-4 Step left forward, Step right forward

Option: Turn ½ right stepping left back, Turn ½ right stepping right forward

5-6 Rock left forward, Recover weight onto right

7&8 Step left back, Step right beside left, Step left forward