

# School Dance Styles

Ecole de Danse

## CALUM'S RISE

Count: 32 Wall: 4 Level: Beginner

Choreographer: Colin Ghys (BEL) - August 2024

Music: Rise - Calum Scott

Intro: 8 Counts, Start at approx 4 secs

### SEC 1 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

### SEC 2 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 5-8 Raise both arms to the side

### SEC 3 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)

### SEC 4 Step, ½ Pivot, Walk, Walk, Rock, Coaster Step

1-2 Step left forward, pivot ½ right transferring weight on to 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

Cathy MERIOT - Choréographe / Instructor

106 I chemin des Jardins

83920 LA MOTTE en PROVENCE

tél : 06.61.17.10.82 courriel : [cathy.meriot83@sfr.fr](mailto:cathy.meriot83@sfr.fr)

[www.schooldancestyles.fr](http://www.schooldancestyles.fr)