

# Rise Like The Day

Choreographer: Malene Jakobsen, Denmark  
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Type of dance:	32 counts, 4 walls
Level:	Intermediate
Choreographed to:	Rise Up by Andra Day, available on iTunes, from the album Cheers To The Fall
Intro:	2 counts from the beginning (no music but a sound a little like waves) 3 sec. seconds into track, dance begins with weight on L
Note:	There is a restart on wall 3, you will be facing 6.00

		Facing
<b>Counts</b>	<b>Footwork</b>	
<b>1-9</b>	<b>Fwd., hitch 1/4, cross, side, back rock, 1/4, back rock, 1/4, 1/4, cross rock, 1/4, 1/8</b>	
1-2&	(1) Step fwd. on R hitching L making 1/4 turn R on ball of R, (2) cross L over R (&) step R to R	3.00
3-4&	(3) Rock back on L, (4) recover onto R, (&) turn 1/4 R stepping back on L	6.00
5-6&	(5) Rock back on R, (6) recover onto L, (&) turn 1/4 L stepping R to R	3.00
7&8	(7) Turn 1/2 L stepping L to L, (&) rock R across L, (&) recover onto L	9.00
&1	(&) Turn 1/4 R stepping fwd. on R, (1) turn 1/8 L stepping fwd. on L	10.30
<b>10-17</b>	<b>Lock step, fwd. rock, 3/8, point, 1/4 sweep, cross, side, back rock, sway R</b>	
2&3	(2) Lock R behind L, (&) step fwd. on L, (3) rock fwd. on R	10.30
4&5	(4) Recover onto L, (&) turn 3/8 R stepping R to R, (5) point L to L	3.00
6-7	(6) Turn 1/4 L stepping fwd. on L sweeping R from back to front, (7) cross R over L	12.00
&8&	(&) Step L to L, (8) rock back on R, (&) recover onto L	12.00
<b>NOTE:</b>	<b>The only restart is here you will be facing 6.00 – turn 1/4 and start from the beginning</b>	
<b>18-24</b>	<b>Sways, L basic, point, run 3/4 R with sweep, cross, side</b>	
1-2&	(1) Step R to R and sway, (2&) Sway L, R	12.00
3-4&5	(3) Step L to L, (4) rock back on R, (&) recover onto L, (5) point R to R	12.00
6&7	(6) Turn 1/4 R stepping down on R, (&) turn 1/4 R stepping fwd. on L, (7) turn 1/4 stepping fwd. on R sweeping L from back to front	9.00
8&	(8) Cross L over R, (&) step R to R	9.00
<b>24-32</b>	<b>Back rock, side rock, cross sweep, cross, 1/4, 1/4, recover, cross, side rock, together</b>	
1&2&3	(1) Rock back on L, (&) recover onto R, (2) rock L to L, (&) recover onto R, (3) cross L over R sweeping R from back to front – NOTE: After you do the back rock then count 2&3 move slightly fwd.)	9.00
4&5	(4) Cross R over L, (&) turn 1/4 R stepping back on L, (5) turn 1/4 R rocking R to R	3.00
6&7	(6) Recover onto L, (&) cross R over L, (7) rock L to L	3.00
8&	(8) Recover onto R, (&) step L next to R	3.00