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| Rise Again |  |

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| **Count:** | 32 | **Wall:** | 2 | **Level:** | Intermediate NC2S |  |
| **Choreographer:** | Gerard Murphy (CAN) - June 2021 | | | | |
| **Music:** | Rise Again (2008 Sequel) - The Rankin Family | | | | |
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**Begin on lyrics after 16 counts. One tag. Two restarts.**

**[1-8] Side, Rock, Recover, Sway, Sway, Behind, Side, Cross, Press, Recover**

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| 1-2& | Step R long step to R side, rock L behind R, recover onto R |
| 3-4 | Step L to L while swaying hips to L, sway hips to R while shifting weight to R |
| 5&6 | Cross step L behind R, step R to R side, cross step L over R |
| 7-8 | Press forward diagonal on ball of R (2:00) on R, recover onto L |

**[9-16] Behind, ¼ Turn L, Step, Forward, Lock Step, Step, ½ PIVOT, ½ Turn, ¼ Turn, Cross**

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| --- | --- |
| 1&2 | Cross step R behind L, turn ¼ L stepping L forward (9:00), step R forward |
| 3&4 | Step L forward, lock step R behind L, step L forward |
| 5-6 | Step R forward, turn ½ L taking weight on L (3:00) |
| 7&8 | Turn ½ L stepping back on R (9:00), turn ¼ L stepping L to L (6:00), cross step R over L |

**[17-24] Side, Rock, Recover, Side, Behind, ¼ Turn, Side, Behind, ¼ Turn, ¼ Turn, Behind, Side, Behind**

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| --- | --- |
| 1-2& | Step L long step to L side, rock R behind L, recover onto L |
| 3-4& | Step R long step to R side, cross step L behind R, turn ¼ R stepping R forward (9:00) |
| 5&6& | Step L to L side, cross step R behind L, turn ¼ L stepping L forward (6:00), turn ¼ L stepping R to R side (3:00) |
| 7&8 | Cross step L behind R, step R to R side, cross step L behind R |

**[25-32] Sweep, Behind, Side, Cross, 1/8 Turn Back, 1/8 Turn Side, Step, ½ Pivot, Step**

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| --- | --- |
| 1-2 | Sweep R clockwise, cross step R behind L |
| &3-4 | Step L to L side, cross step R over L, turn 1/8 R stepping back on L (5:00) |
| 5 | Turn 1/8 R stepping R to R side (6:00) |
| 6,7,8 | Step L forward, turn ½ R taking weight on R (12:00), step L forward |

**Restarts: Happen after count 28. Once near the end of the 2nd rotation, facing 6:00 and once near the end of the 5th rotation, facing 12:00.**

**As you turn 1/8 R and step R to R side (for count 29), use this step as the long step to R to restart the dance (at count 1).**

**Tag: Happens once only. At the end of the 3rd rotation, facing 6:00.**

|  |  |
| --- | --- |
| 1-2& | Step R long step to R side, rock L behind R, recover onto R |
| 3-4& | Step L long step to L side, rock R behind L, recover onto L |

**Ending: After the last time you finish the pattern (12:00) step R to R and freeze as the music pauses. During this moment of silence, think about one person you've lost in your family or dance community - that person to whom you dedicate this dance. Once the music begins again, step R forward and walk a total of 14 slow steps forward, with your head down and R hand over your heart.**

**\* for my mom: Beatrice Murphy**

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