

Rise To The Occasion

32 counts, 4 wall, novice level

Choreographer: Lotta Andersson (SWE) Sept 2008

Choreographed to: Rise to the occasion by Kurt Nilsen from CD "Rise to the occasion"

Intro: 16 counts, start on vocals

The dance moves in an anticlockwise direction

Point and Cross forward x2, Point and Cross behind x2

- 1-2 Point right to right side, Cross right over left
- 3-4 Point left to left side, Cross left over right
- 5-6 Point right to right side, Cross right behind left
- 7-8 Point left to left side, Cross left behind right

Heel bounces with ½ turn left, Coasterstep, Walk R L, Lockstep

- 1-2 Bounce both heels twice while making ½ turn left (weight ends on right) (6:00)
- 3&4 Step back on left, Step right beside left, Step forward on left
- 5-6 Walk forward right and left
- 7&8 Step forward on right, lock left behind right, step forward on right

Sweep and cross, Unwind full turn, Side rock, Behind, ¼ left, Step

- 1-2 Sweep left around and cross over right
- 3-4 Unwind full turn right (weight ends on left) (6:00)
- 5-6 Rock right to right side, Recover onto left
- 7&8 Cross right behind left, Make ¼ turn left stepping forward on left, Step forward on right (3:00)

Forward coasterstep, Shuffle ½ turn right, Rockstep, Coastercross

- 1&2 Step left forward, Step right beside left, Step left back
- 3&4 Shuffle ½ turn right, stepping – right, left, right (9:00)
- 5-6 Rock forward on left, Recover onto right
- 7&8 Step left back, Step right beside left, Cross left over right

Start again and enjoy!!! ☺