Rise Up This Morning

Compte: 32 **Mur:** 2 **Niveau:** Beginner
Chorégraphe: Colin Ghys (BEL) & Ivonne Verhagen (NL) - January 2026
Musique: Three Little Birds - Timmy Trumpet, Prezioso & 71 Digits

Intro: 80 Counts, Start at approx 35 secs

Note: This can be danced contra, start offset from partner

SEC 1 Side Shuffle, Back Rock, Side Shuffle, Back Rock

1&2	Step right to right, step left beside right, step right to right
3-4	Rock left back, recover weight on to right
5&6	Step left to left, step right beside left, step left to left
7-8	Rock right back, recover weight on to left

Restart Here on Wall 4

SEC 2 Toe Strut, Toe Strut, Skate, Skate, Rock

1-2	Touch right forward, drop right heel transferring weight onto right
3-4	Touch left forward, drop left heel transferring weight onto left
5-6	Skate right forward, skate left forward
7-8	Rock right forward, recover weight on to left

SEC 3 ½ Shuffle, Rock, Coaster Step, Kick Ball Change

1&2	Turn ¼ right step right to right, step left beside right, turn ¼ right step right forward (6:00)
3-4	Rock left forward, recover weight on to right
5&6	Step left back, step right beside left, step left forward
7&8	Kick right forward, step right beside left, step left forward

SEC 4 Jazzbox Cross, Side, Touch, Side, Touch

1-2	Cross right over left, step left back
3-4	Step right to right, cross left over right
5-6	Step right to right, touch left beside right

Arms Wave both arms over head to right

7-8	Step left to left, touch right beside left

Arms Wave both arms over head to left

Last Update: 7 Jan 2026