

# RISE & FALL

Description: 32 counts. 2 Walls Intermediate Nightclub 2 step  
Choreographer: Masters In Line (June 2007)  
Music: "Rise and fall" By Craig David Feat Sting  
Count in: Start 32 counts from Start of Track when beat kicks in  
Email: [paul@mastersinline.com](mailto:paul@mastersinline.com)

---

## **1-8 STEP FORWARD, ½ TURN BACK LOCK, SWEEP, BEHIND SIDE CROSS ROCK, ¼, ½, ¼ SIDE**

- 1,2& Step forward on left foot, make a ½ turn left and step back on right foot, lock left foot over right foot  
3,4& Step back on right foot and sweep left foot back, cross left foot behind right foot, step right foot to right side  
5,6& Cross rock left foot over right foot, recover weight onto right foot, make a ¼ turn left and step forward on left foot  
7,8 Make a ½ turn left and step back on right foot, make a ¼ turn left and step left foot to left side

## **9-16 STEP FORWARD, ½ TURN BACK LOCK, SWEEP, BEHIND SIDE CROSS, ROCK ¼, ½, ½**

- 1,2& Step forward on right foot, make a ½ turn right and step back on left foot, lock right foot over left foot  
3,4& Step back on left foot and sweep right foot back, cross right foot behind left foot, step left foot to left side  
5,6& Cross rock right foot over left foot, recover weight onto left foot, make a ¼ turn right and step forward on right foot  
7,8 Make a ½ turn right and step back on left foot, make a ½ turn right and step forward on right foot

## **17-24 SIDE, BEHIND SIDE CROSS ROCK, BACK & ROCK, BACK & CROSS UNWIND SWEEP.**

- 1 Step left foot to left side  
2&3 Cross right foot behind left foot, step left foot to left side, cross rock right foot over left foot  
4&5 Recover weight back onto left foot, step right foot to right side, cross rock left foot over right foot  
6&7 Recover weight back onto right foot, step left foot to left side, cross right foot over left foot to face left diagonal (2.00)  
8 On one count unwind a full turn left and sweep left foot back (no weight) to end up back facing left diagonal (2.00)

## **25-32 STEP BACK, BACK ½ TURN SIDE, BEHIND SWEEP BEHIND ¼, ROCK & ½, ¾ TURN**

- 1 Step back on left foot still facing diagonal  
2&3 Step back on right foot, make a ½ turn left and step forward on left foot still on diagonal now facing (7.00), step right foot to right side to square up to 6.00  
4&5 Cross left foot behind right foot and sweep right foot back, cross right foot behind left foot, make a ¼ turn left and step forward on left foot  
6&7 Rock forward on right foot, recover weight onto left foot, make a ½ turn right and step forward on right foot  
8& Make a ½ turn right and step back on left foot, make a ¼ turn right and step right foot to right side.

**END OF DANCE**