

Rise Up This Morning

COPPER KNOB
STEPPSHEETS

Count: 32

Wall: 2

Level: Beginner

Choreographer: Colin Ghys (BEL) & Ivonne Verhagen (NL) - September 2025

Music: 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
