

AB Sunday

Count: 32

Wand: 4

Ebene: Absolute Beginner

Choreograf/in: Ursula Klinger-Mendl (AUT) - July 2022

Musik: Beautiful Sunday - Daniel Boone



Intro: 16 counts

[S1] TRIPLE STEP RIGHT, BACK ROCK, TRIPLE STEP LEFT, BACK ROCK

- 1&2 Step right on RF, step LF together, step right on RF
- 3-4 Rock bwd on LF, recover weight onto RF
- 5&6 Step left on LF, step RF together, step left on LF
- 7-8 Rock back on RF, recover weight onto LF

[S2] TRIPLE STEP FWD, ROCK STEP, TRIPLE STEP BWD, BACK ROCK

- 1&2 Step fwd on RF, step LF together, Step fwd on RF
- 3-4 Rock fwd on LF, recover weight onto RF
- 5&6 Step back on LF, step RF together, Step back on LF
- 7-8 Rock back on RF, recover weight onto LF

[S3] HEEL TOUCH FWD R L, TURN ¼ RIGHT, HEEL TOUCH FWD R L

- 1-2 Touch right heel forward, step RF together beside LF and clap
- 3-4 Touch left heel forward, step LF together beside RF and clap
- 5-8 turn ¼ right repeating 1-4 (3:00)

[S4] RIGHT STEP (DRAG), TOUCH, HOLD, LEFT STEP (DRAG), TOUCH, HOLD

- 1-2 While doing shoulder shimmies, step right on RF and drag LF toward RF
- 3-4 Touch LF next to RF, hold
- 5-6 While doing shoulder shimmies, step left on LF and drag RF toward LF
- 7-8 Touch RF next to LF, hold

CONTRA OPTION:

As you triple fwd in section 2, meet your partner right shoulder to right shoulder;
don't turn in section 3, this makes the dance a 1 wall dance

Smile and Start again