

# Sunrise

Count: 0

Wand: 0

Ebene:

Choreograf/in: Val Parry (UK)

Musik: Sunrise - Simply Red



Sequence: A, B, B, C, A, B, B, C, C, C, B, B, C, B, C

## SECTION A

### POINT TOUCH, SHUFFLE, ROCK & CROSS, ¼ BACK SHUFFLE

- 1-2 Point right to right, touch right next to left
- 3&4 Right shuffle forward (right-left-right)
- 5&6 Rock left to left side replace weight on right and cross left in front of right
- 7&8 Right shuffle back turning ¼ left (right-left-right)

### POINT TOUCH, SHUFFLE, ROCK AND CROSS, ¼ BACK SHUFFLE

- 9-10 Point left to left, touch left next to right
- 11&12 Left shuffle forward (left-right-left)
- 13&14 Rock right to right side replace weight on left and cross right in front of left
- 15&16 Left shuffle back turning ¼ right (left-right-left)

### REPLACE WEIGHT, PIVOT ½, ROCK AND CROSS, POINT HITCH, CROSS SHUFFLE

- &17-18 Replace weight on right, step forward left pivot ½ turn to right
- 19&20 Rock left to left side, replace weight on right, cross left in front of right
- 21-22 Point right to right side, hitch right
- 23&24 Cross right in front of left, step left small step left, cross right in front of left

### POINT HOLD, HEEL HOOK, SHUFFLE, COASTER STEP

- 25-26 Point left to left side, hold
- 27-28 Touch left heel forward, hook left across right knee
- 29&30 Shuffle forward (left-right-left)
- 31&32 Step back right close left step forward right

### STEP PIVOT ¼, ROCK LEFT AND CROSS, SIDE CLOSE CROSS, STEP BACK HOLD

- 33-34 Step forward left pivot ¼ right stepping forward onto right
- 35&36 Rock left to left side and cross
- 37&38 Step right to right side, step left next to right and cross right in front of left
- &39-40 Jump back on left, touching right toe in front of left, hold

For style look up with arms stretched down and splayed out

### HOLD FOR 2 BEATS, ROCK FORWARD AND TOUCH, CHASSE ¼ TURN RIGHT, MAMBO LEFT

- 41-42 Hold for 2 beats with weight remaining on left
- 43&44 Rock forward on right replace weight on left and touch right next to left
- 45&46 Step right to right side, close left next to right, step right to right side, turning ¼ to the right
- 47&48 Rock left to left side, replace weight on right, close left to right

## SECTION B

### HEEL & CROSS, & CROSS, STEP TO SIDE, HEEL & CROSS, & CROSS & TURN

- 1&2 Touch right heel forward, jump back on right, cross left in front of right
- &3-4 Little jump back on right, cross left in front of right, step right to right side
- 5&6 Touch left heel forward, jump back on left, cross right in front of left
- &7&8 Little jump back on left, cross right across left, little jump back on left, step right to right side turning ¼ right

**POINT, TURN ¼ TWICE, ROCK FORWARD, FULL TURN**

- 9-10 Point left toe forward, pivot ¼ turn to right  
11-12 Point left toe forward, pivot ¼ turn to right  
13-14 Rock left forward replace  
15&16 Shuffle full turn left on spot stepping (left-right-left)

**SECTION C****ROCK & BEHIND, ROCK & BEHIND, SHUFFLE ¼, ROCK & CROSS**

- 1&2 Rock right to right side, replace weight on left, cross right behind left  
3&4 Rock left to left side, replace weight on right, cross left behind right  
5&6 Step right to right, close left to right, turning ¼ to right step forward right  
7&8 Rock left to left side, replace weight on right, cross left in front of right

**SIDE TOUCH, KICK BALL TOUCH, WALK WALK, STEP ½ TURN**

- 9-10 Step right to right side, touch left next to right  
11&12 Kick left, replace weight on left, touch right next to left  
13-14 Walk forward right, walk forward left  
15-16 Step forward right, pivot ½ turn
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