

Sun Up Sun Down

Count: 32

Wall: 4

Level: Low Intermediate

Choreographer: Kirsty Harpham-Fox (UK) - June 2023

Music: Got Your Name On It - Jade Eagleson



Intro: 16 counts (approx. 13s) – Start on vocals

S1 Side R, Touch L, Side L, Touch R, Side R, Step L, Back R, Back Rock, Recover, Heel, Step L, Step R, Touch L, Side L, Flick R

1&2& Step R to R side (1), touch L next to R (&), step L to L side (2), touch R next to L (&)

3&4 Step R to R side (3), step L next to R (&), step back on R (4)

5&6 Rock back on L (5), recover weight on R (&), touch L heel forward (6)

&7& Step L next to R (&), step forward on R (7), touch L next to R (&)

8& Step L to L side (8), flick R behind L (&) 12.00

RESTART: During WALL 3, dance up to and including count 8& then RESTART facing 6.00.

S2 Side R, Touch L, Side L, Touch R, R Chasse, Cross Rock, Recover, Side Rock, Recover, Cross & Heel, Step L

1&2& Step R to R side (1), touch L next to R (&), step L to L side (2), touch R next to L (&)

3&4 Step R to R side (3), step L next to R (&), step R to R side (4)

5& Cross rock L over R (5), recover weight on R (&)

6& Rock L out to L side (6), recover weight on R (&)

7&8& Cross step L over R (7), step back on R (&), touch L heel forward (8), step L next to R (&) 12.00

S3 Cross Shuffle, Side Rock, Recover ¼ R, Step L, R Rocking Chair, Shuffle ½ L, Sweep L

1&2 Cross step R over L (1), step L to L side (&), cross step R over L (2)

3&4 Rock L out to L side (3), recover weight on R making ¼ turn R (&), step forward on L (4) 3.00

5&6& Rock forward on R (5), recover weight on L (&), rock back on R (6), recover weight on L (&)

7&8& Make ¼ turn L stepping R to R side (7), step L next to R (&), make ¼ turn L stepping back on R (8), sweep L around from front to back (&) 9.00

S4 L Mambo Back, R Rocking Chair, Side Rock, Recover, Cross & Heel, Step R, Step L

1&2 Rock back on L (1), recover weight on R (&), step forward on L (2)

3&4& Rock forward on R (3), recover weight on L (&), rock back on R (4), recover weight on L (&)

5& Rock R out to R side (5), recover weight on L (&)

6&7 Cross step R over L (6), step back on L (&), touch R heel forward (7)

&8 Step R next to L (&), step L next to R (8) 9.00

Start the dance again

ENDING: The song finishes at the end of the pattern facing 3 o'clock. To finish facing 12 o'clock please then step forward on R and make ¼ turn L.

Thank you goes to my friend John McGinley for suggesting the song.