

Simply - Sunrise

Compte: 48

Mur: 4

Niveau: Intermediate social cha



Chorégraphe: Alan Birchall (UK)

Musique: Sunrise - Simply Red

TOUCH, HOLD, STEP, STEP, POINT, ¼ TWIST, ½ TWIST, DOWN UP

- 1-2 Touch right to right, hold
- &3 Step right by left, step left to left
- &4 Step right by left, point left to left
- 5 Making ¼ turn left twist heels right (facing 9:00)
- 6 Making ½ turn right twist both heels left (weight ends on left facing 3:00)
- 7-8 Squat down, stand up (weight on left)

Options: rock forward on right, recover on left, or body roll - weight must end on left

STEP, SLIDE, ¼ SIDE SHUFFLE, STEP, ½ PIVOT, FULL TURN, ¼ TURN (1¼ TURN TOTAL)

- 1-2 Take large step forward on right, slide left towards right
- 3&4 Step left to left, right by left, left to left making ¼ turn left (facing 12:00)
- 5-6 Step forward on right, ½ pivot left (facing 6:00)
- 7& Full turn left stepping right, left
- 8 Large step forward on right making ¼ turn left (facing 3:00)

SLIDE, STEP, CROSS, POINT, CROSS, POINT, CROSS, UNWIND

- 1-2 Slide left behind right (over two counts)
- &3 Step right to right, cross left over right
- 4 Point right to right
- 5-6 Cross right over left, point left to left
- 7-8 Cross left over right, unwind ½ turn right (facing 9:00)

STEP BACK, SLIDE/HOOK, SHUFFLE, STEP BACK, SLIDE, SHUFFLE

- 1-2 Take large step back on right, slide left towards right hooking over right shin (bow & click fingers)
- 3&4 Left shuffle forward stepping left, right, left
- 5-6 Take large step back on right, slide left towards right hooking over right shin (bow & click fingers)
- 7&8 Left shuffle forward stepping left, right, left

SIDE, BEHIND, SWEEP, SIDE, IN FRONT, UNWIND WITH RONDE

- 1-2 Step right to right, cross left behind right
- 3-4 Sweep right behind left (over two counts)
- 5-6 Step left to left, cross right over left
- 7-8 Unwind full turn left with left ronde transferring weight to left (facing 9:00)

CROSS ROCK, RECOVER, HEEL, STEP, CROSS, TOUCH'S, HEEL SWIVELS

- 1-2 Cross rock right over left, recover on left
- &3 Step back on right, extend left heel forward
- &4 Step left by right, cross right over left
- 5& Touch left to left, step left by right
- 6& Touch right to right, step right by left
- 7&8 Touch left to left
- 8 Swivel heels right, left (weight ends on left)

REPEAT

