

Sunday Morning After

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Cathy Montgomery (CAN)

Musique: Sunday Morning After - Amanda Marshall



ROCK SIDE RECOVER CROSS, ROCK SIDE RECOVER CROSS, TOE ¼ TURN KICK BALL POINT

- 1&2 Rock right foot to side, recover onto left foot, cross step right foot over left
3&4 Rock left foot to side, recover onto right foot, cross step left foot over right
5-6 Touch right toe to side, turn ¼ right and touch right toe to side
7&8 Kick right foot forward, step right foot beside left foot, touch left foot to side

KICK BALL TOUCH, KICK BALL TOUCH, ROCK RECOVER, LEFT SAILOR SHUFFLE

- 1&2 Kick left foot forward, step left foot beside right foot, touch right foot to side
3&4 Kick right foot forward, quick step down onto the right foot, and point your left foot to the left side
5&6 Rock left foot across right, recover onto right foot, touch left toe to side
7&8 Left sailor shuffle

SAILOR RIGHT, STEP FORWARD ½ TURN, SHUFFLE FORWARD LEFT, AND RIGHT

- 1&2 Right sailor shuffle
3-4 Step left foot forward, turn ½ right (weight to right)
5&6 Shuffle forward stepping left, right, left
7&8 Shuffle forward stepping right, left, right

ROLL LEFT KNEE, ROLL RIGHT KNEE, STEP OUT LEFT, RIGHT, LEFT COASTER STEP

- 1-2 Touch left toe diagonally forward, step left foot in place
3-4 Touch right toe diagonally forward, step right foot in place
On these toe struts, roll your left knee from left to right, then your right knee from right to left. Put some hip action into the roll
5-6 Step left foot diagonally left, step right foot diagonally right
7&8 Left coaster step

REPEAT

TAG

After the 2nd wall, you repeat the first 4 counts of the dance

On the 4th wall, after the first 16 counts of the dance, begin the dance again

After the 6th wall you repeat the first 4 counts of the dance
