

Sunrise Cha

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Easy Intermediate
编舞者: Judy Rodgers (USA) - May 2017
音乐: Sunrise - Simply Red



Intro: 24 counts - (No Tags Or Restarts)

S1: Walk, walk, walk, mambo turn 1/2 L, turn 1/4 L side rock, cross shuffle

1-3 Walk R L R fwd
4&5 Rock L fwd, recover R, turn 1/2 left step L fwd □ □ 6:00
6-7 Turn 1/4 left rock R to right side, recover L □ □ 3:00
8&1 Cross R over L, step L to left side, cross R over L

S2: Sway, sway, behind, side, cross, turn 1/4 L, turn 1/2 L, shuffle fwd

2-3 Step L to left side sway L, R
4&5 Step L back behind R, step R to right side, cross L over R
6-7 Turn 1/4 left stepping R back, turn 1/2 left step L fwd □ - □ 6:00
8&1 Shuffle fwd R L R

S3: Step, tap, coaster cross, turn 1/4 R, turn 1/4 R, shuffle fwd

2-3 Step L fwd, tap R beside L
4&5 Step R back, step L beside R, cross R over L
6-7 Turn 1/4 right step L back, turn 1/4 right step R fwd □ - 12:00
8&1 Shuffle fwd L R L

S4: Point, point, sailor turn 1/4 R, walk, walk, shuffle fwd

2-3 Point R fwd, point R to right side
4&5 Turn 1/4 right step R behind L, step L to left side, step R to right side - □ 3:00
6-7 Walk L, R
8&1 Shuffle fwd L, R, L

S5: Rock, recover, back lock step R, turn 1/4 L sway, sway, turn 1/4 left shuffle fwd

2-3 Rock R fwd, recover L
4&5 Step R back, lock/step L over R, step R back
6-7 Turn 1/4 left sway left, sway R - □ □ 12:00
8&1 Turn 1/4 left shuffle fwd L R L - □ □ 9:00

S6: Rock, recover, turn 3/4 R shuffle, step, kick, coaster step (back, together)

2-3 Rock R, recover L
4&5 Turn 3/4 right shuffle R L R - □ □ □ 6:00
6-7 Step L fwd, kick R (low kick)
8& Step R back, step L beside R

Contact: jrdancing@bellsouth.net

Last Update - 13th May 2017