

EZ Sunrise Cha

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Judy Rodgers (USA) - October 2021
音乐: Sunrise - Simply Red : (Amazon.com)



Intro: 24 - (No tags or restarts)

S1: Side together, shuffle, cross side behind sweep

1-2 Step R to right side, step L beside R
3&4 Shuffle right R L R
5-8 Cross L over R, step R to right side, step L behind R, sweep R from front to back

S2: Behind turn 1/4 L, shuffle, rock recover, coaster step

1-2 Step R behind L, turn 1/4 left step L fwd 9:00
3&4 Shuffle fwd R L R
5-6 Rock L fwd, recover R
7&8 Step L back, step R beside L, step L fwd

S3: Side rock, cross turn 1/4 R, shuffle turn 1/4 R, shuffle fwd

1-2 Rock R to right side, recover L
3-4 Cross R over L, turn 1/4 right step L back 12:00
5&6 Step R to right side, step L beside R, turn 1/4 right step R fwd 3:00
7&8 Shuffle fwd L R L

S4: Step touch, back lock step, turn 1/4 R slow/sway, slow/sway

1-2 Step R fwd, touch L beside R
3&4 Step L back, lock/step R over L, step L back (option: Shuffle back L R L)
5-8 Turn 1/4 right step/sway R to right side over 2 beats, sway L over 2 beats 6:00
(option for 5-8 sways: Turn 1/4 right step/sway R, sway L, sway R, sway L)

Last Update - 27 Oct. 2021
