AB Sunday Morning Coming Down

级数: Absolute Beginner

编舞者: Russell Breslauer (USA) - March 2022

音乐: Sunday Morning Coming Down - Johnny Cash

(1 or 4 walls) Many versions of the song by many artists.

FORWARD LOCK FORWARD SHUFFLE X 2

1 - 4 Step forward on Right, lock Left behind right, Shuffle forward Right Left Right

5 - 8 Step forward on Left, lock Right behind left, Shuffle forward Left Right Left

Can be straight or on the diagonals.

拍数: 32

CROSS ROCK RECOVER SIDE SHUFFLE X 2

12 3&4 Cross Right across left, recover on Left, Shuffle right Right Left Right 56 7&8 Cross Left across right, recover on Right. Shuffle left Left Right Left

BACK LOCK BACK SHUFFLE X 2

1 - 4Step back on Right, lock Left in front of right, Shuffle back Right, Left, Right5 - 8Step back on Left, lock Right in front of left, Shuffle back Left, Right, LeftCan be straight or on the diagonals, but should be same as section 1.

ROCK BACK RECOVER SIDE SHUFFLE X 2

12 3&4 Cross Right behind left, recover on Left, Shuffle right Right Left Right

56 7&8 Cross Left behind right, recover on Right. Shuffle left Left Right Left

* Can be a 4-wall dance with 7&8 being a 1/4 left turn shuffle.

REPEAT

Contact: BreslauerDanceSF@yahoo.com Last Update 7/23/22





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墙数:1