

# Sun Up Sun Down

拍数: 32      墙数: 4      级数: Low Intermediate  
编舞者: Kirsty Harpham-Fox (UK) - June 2023  
音乐: Got Your Name On It - Jade Eagleson



**Intro: 16 counts (approx. 13s) – Start on vocals**

**S1 Side R, Touch L, Side L, Touch R, Side R, Step L, Back R, Back Rock, Recover, Heel, Step L, Step R, Touch L, Side L, Flick R**

1&2&      Step R to R side (1), touch L next to R (&), step L to L side (2), touch R next to L (&)  
3&4      Step R to R side (3), step L next to R (&), step back on R (4)  
5&6      Rock back on L (5), recover weight on R (&), touch L heel forward (6)  
&7&      Step L next to R (&), step forward on R (7), touch L next to R (&)  
8&      Step L to L side (8), flick R behind L (&) 12.00

**RESTART: During WALL 3, dance up to and including count 8& then RESTART facing 6.00.**

**S2 Side R, Touch L, Side L, Touch R, R Chasse, Cross Rock, Recover, Side Rock, Recover, Cross & Heel, Step L**

1&2&      Step R to R side (1), touch L next to R (&), step L to L side (2), touch R next to L (&)  
3&4      Step R to R side (3), step L next to R (&), step R to R side (4)  
5&      Cross rock L over R (5), recover weight on R (&)  
6&      Rock L out to L side (6), recover weight on R (&)  
7&8&      Cross step L over R (7), step back on R (&), touch L heel forward (8), step L next to R (&) 12.00

**S3 Cross Shuffle, Side Rock, Recover ¼ R, Step L, R Rocking Chair, Shuffle ½ L, Sweep L**

1&2      Cross step R over L (1), step L to L side (&), cross step R over L (2)  
3&4      Rock L out to L side (3), recover weight on R making ¼ turn R (&), step forward on L (4) 3.00  
5&6&      Rock forward on R (5), recover weight on L (&), rock back on R (6), recover weight on L (&)  
7&8&      Make ¼ turn L stepping R to R side (7), step L next to R (&), make ¼ turn L stepping back on R (8), sweep L around from front to back (&) 9.00

**S4 L Mambo Back, R Rocking Chair, Side Rock, Recover, Cross & Heel, Step R, Step L**

1&2      Rock back on L (1), recover weight on R (&), step forward on L (2)  
3&4&      Rock forward on R (3), recover weight on L (&), rock back on R (4), recover weight on L (&)  
5&      Rock R out to R side (5), recover weight on L (&)  
6&7      Cross step R over L (6), step back on L (&), touch R heel forward (7)  
&8      Step R next to L (&), step L next to R (8) 9.00

**Start the dance again**

**ENDING: The song finishes at the end of the pattern facing 3 o'clock. To finish facing 12 o'clock please then step forward on R and make ¼ turn L.**

**Thank you goes to my friend John McGinley for suggesting the song.**