

拍数: 36 墙数: 1 级数: Improver
编舞者: William Sevone (UK)
音乐: Sun Arise - Rolf Harris



This dance is done at half speed

2X CROSS-ROCK-ROCK, CROSS STEP, ½ RIGHT, FORWARD SHUFFLE

1&2 (On the spot) cross rock left foot over right, rock onto right foot, rock onto left foot
3&4 (On the spot) cross rock right foot over left, rock onto left foot, rock onto right foot
5-6 Cross step left foot over right, unwind ½ right (weight on left foot)
7&8 Step forward onto right foot, close left foot next to right, step forward onto right foot

FORWARD SHUFFLE, ROCK FORWARD, ROCK, 3X ½ RIGHT TURNS WITH EXPRESSION, STOMP FORWARD WITH EXPRESSION

9&10 Step forward onto left foot, close right foot next to left, step forward onto left foot
11-12 Rock forward onto right foot, rock onto left foot
13-14 Turn ½ right & step forward onto right foot, turn ½ right & step backward onto left foot
15 Turn ½ right & step forward onto right foot

On counts 13-15: arms outstretched with palms up - bend at elbows if space is tight

16 Stomp left foot forward

With downward forward punch with left hand from head to chest height

8X FORWARD STOMP WITH EXPRESSION

17 Stomp right foot forward

With downward forward punch with right hand from head to chest height

18 Stomp left foot forward

With downward forward punch with left hand from head to chest height

19 Stomp right foot forward

Right arm forward shaking hand and fingers (palm down) & moving left to right

20 Stomp left foot forward

Left arm forward shaking hand and fingers (palm down) & moving right to left

21 Stomp right foot forward

Right arm raised to side of head - as in a throwing action

22 Stomp left foot forward

Left arm raised to side of head - as in a throwing action

23 Stomp right foot forward

Swinging right arm in an arc from left to right

24 Stomp left foot forward

Swinging left arm in an arc from right to left

On counts 16-24: the forward stomps are short

STEP FORWARD, PIVOT ½ LEFT, STEP FORWARD, PIVOT ¼ LEFT, STOMP TOGETHER, SIDE STOMP, SWAY LEFT, SWAY RIGHT

25-26 Step forward onto right foot, pivot ½ left (weight on left foot)

27-28 Step forward onto right foot, pivot ¼ left (weight on right foot)

29-30 Stomp left foot next to right, stomp right foot to right side

31-32 Sway onto left foot, sway onto right foot

CROSS STEP, SIDE STEP, ¼ LEFT STEP BACKWARD, TOGETHER

33-34 Cross step left foot over right, step right foot to right side

35-36 Turn ¼ left & rock backward onto left foot, step right foot next to left

REPEAT

DANCE FINISH

The dance will finish on count 36 of the 7th vanilla, to add a little flourish to the end, add 'arms to the outside - palms upward' to count 36
