

Sunrise (P)

拍数: 32 墙数: 0 级数: Partner
编舞者: Kathy Forrest (UK)
音乐: Tequila Sunrise - Eagles



Position: Couples on same steps throughout the dance. Begin dance in side by side position facing LOD

ROCKING CHAIR, FORWARD SHUFFLE, STEP ½ TURN

1-4 Rock forward right, back left, back right, forward left
5&6 Step forward on right, step left up to right, step forward on right
7-8 Step forward on left, ½ turn right, step forward on right (RLOD)

As couple does turn, lady lowers right hand from shoulder to waist, and raises left hand from waist to shoulder. Man raises left hand from waist to shoulder and lowers right hand from shoulder to waist

ROCKING CHAIR, FORWARD SHUFFLE, STEP ¼ TURN

1-4 Rock forward left, back right, back left, forward right
5&6 Step forward on left, step right up to left, step forward on left
7-8 Step forward on right, ¼ turn left, step to the side on left(OLOD)

As couple does turn, lady lowers left hand from shoulder to waist and raises right hand from waist to shoulder. Man raises right hand from waist to shoulder and lowers left hand from shoulder to waist)

STEP FORWARD, POINT TWICE, STEP BACK, POINT TWICE

1-2 Step forward right, crossing right in front of left, point left to left side
3-4 Step forward left, crossing left in front of right, point right to right side
5-6 Step back right, crossing right behind left, point left to left side
7-8 Step back left, crossing left behind right, point right to right side

CROSS FRONT, SIDE, BEHIND ¼ TURN LEFT

1-4 Cross right in front of left, step left to left side, cross right behind left, step ¼ turn left stepping forward on left(LOD)

MEN

5-8 Walk forward right, left, right, left(dropping lady's left hand, to turn lady with right hand only)

LADY

5-8 Full turn left traveling forward on right, left, right, left (dropping man's left hand, to turn with right hand only. You will turn towards your partner)

REPEAT
