

Irish Sunrise

拍数: 48 墙数: 4 级数: Phrased Intermediate
编舞者: Arne Stakkestad (BEL) - January 2011
音乐: Irish Sunrise - George McAnthony



Info: start after 16 counts, on vocals BPM: 104
Sequence: AAAB(3h), AAAB(6h), AAB(12h)A

Part A

[1-8] Scuff, Hitch, Cross, L,R,L,R

1&2 LF scuff beside, LF hitch & scoot forward RF, LF cross before RF (turn body right)
3&4 RF scuff beside, RF hitch & scoot forward LF, RF cross before LF (turn body left)
5&6 LF scuff beside, LF hitch & scoot forward RF, LF cross before RF (turn body right)
7&8 RF scuff beside, RF hitch & scoot forward LF, RF cross before LF (turn body left)

Styling option: Hands on hips

[9-16] Hook Touch Hook, Step Back, ½ R Step Forw, Step Forw, Pivot ¼ L, Cross, Claps

1&2 LF hook behind Rknee, LF touch backwards, LF hook behind Rknee
3&4 LF step backwards, ½ right RF step forward (6h), LF step forward
5&6 RF step forward, pivot ¼ left weight LF (3h), RF cross before LF
7&8 Hold & clap hands x 3, diagonally left down, a little up, up

Styling option: Hands on hips counts 1,2,3,4,5,6

[17-24] Side Mambo Cross, Paddle Turn L, Scuff Hitch Stomp

1&2 LF rock left side, recover on RF, LF cross before RF
&3&4 ¼ left, RF touch right side(12h), ¼ left, RF touch right side (9h)
&5&6 ¼ left, RF touch right side (6h), ¼ left, RF touch right side (3h)
7&8 RF scuff beside, RF hitch & scoot forward LF, RF stomp beside (weight)

Styling option: Hands on hips 1,2, hands up 3,4,5,6, hands sideways to hips 7,8

[25-32] Side Switches, Sailor ½ R, Kick Ball Cross, Kick Ball Cross

1&2 LF touch left side, LF step beside RF, RF touch right side
3&4 RF cross behind LF, ¼ right LF step beside RF, ¼ right RF step forward (9h)
5&6 LF kick forward, LF step beside RF, RF cross before LF
7&8 LF kick forward, LF step beside RF, RF cross before LF

Styling option: Hands on hips

Part B

[1-8] Bend, Raise, Hook Forw, Kick Ball Hook, Kick Ball Hook

1-2 bend knees, raise
3-4 raise, RF hook before LKnee
5&6 RF kick forward, RF step beside LF, LF hook before RKnee
7&8 LF kick forward, LF step beside RF, RF hook before LKnee

Styling option: Hands down 1,raise hands sideways 2,3,4, hands up 5,6,7,8

[9-16] Bend, Raise, Hook Behind, Jump L Side, Tripple Stomp, Jump R Side, Tripple Stomp

1-2 RF step forward & bend knees, raise
3-4 raise, LF hook behind RKnee
5&6 LF jump & stomp left side, RF stomp beside LF, LF stomp beside RF
7&8 RF jump & stomp right side, LF stomp beside RF, RF stomp beside LF

Styling option: Hands down 1,raise hands sideways 2,3,4, hands up 5,6,7,8

Ending: after wall 9, unwind ¾ left and raise hands

