

Sun Will Rise

拍數: 48 牆數: 2 級數: Advanced
編舞者: Roy Verdonk (NL) & Jef Camps (BEL) - December 2016
音樂: Sun Will Rise - Kate Voegele



Start on vocals

S1: SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS ROCK, RECOVER/SWEEP, SAILOR STEP, BEHIND-SIDE-CROSS, SIDE, DRAG, TOUCH

- 1-2 RF rock side & stretch R-arm out as if you want to take something, recover on LF and pull arm in
- &a3-4 RF cross behind LF, LF step side, RF cross over LF, recover on LF & sweep RF bwd
- 5&a RF cross behind LF, LF step side, RF step side
- 6&a LF cross behind RF, RF step side, LF cross over RF
- 7-8 RF big step side & drag LF towards RF, LF touch next to RF (you can face your body to R diagonal)

S2: STEP/SWEEP, CROSS, OUT-OUT, CROSS ROCK, RECOVER, WALK AROUND, SCISSOR STEP

- 1-2&a LF step fwd & sweep RF fwd, RF cross over LF, LF step side (slightly bwd), RF step side
- 3-4 LF cross over RF, recover on RF
- 5-6-7 Start making a full turn L while walking around on L-R-L
- 8&a Finishing your full turn L & RF step side, LF close next to RF, RF cross over LF

S3: SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS ROCK, RECOVER/SWEEP, SAILOR STEP, BEHIND-SIDE-CROSS, SIDE, DRAG, TOUCH

- 1-2 LF rock side & stretch L-arm out as if you want to take something, recover on RF and pull arm in
- &a3-4 LF cross behind RF, RF step side, LF cross over RF, recover on RF & sweep LF bwd
- 5&a LF cross behind RF, RF step side, LF step side
- 6&a RF cross behind LF, LF step side, RF cross over LF
- 7-8 LF big step side & drag RF towards LF, RF touch next to LF (you can face your body to L diagonal)

S4: STEP/SWEEP, CROSS, OUT-OUT, CROSS ROCK, RECOVER, WALK AROUND, SCISSOR STEP

- 1-2&a RF step fwd & sweep LF fwd, LF cross over RF, RF step side (slightly bwd), LF step side
- 3-4 RF cross over LF, recover on LF
- 5-6-7 Start making a full turn R while walking around on R-L-R
- 8&a Finishing your full turn R & LF step side, RF close next to LF, LF cross over RF

S5: SIDE, CLOSE BEHIND, CROSS, SIDE, BEHIND/SWEEP, BEHIND-SIDE-CROSS, SWAYS, SIDE, CLOSE BEHIND, CROSS, ¼ TURN BACK

- 1-2&a RF big step side, LF close behind RF, RF cross over LF, LF step side
- 3-4&a RF cross behind LF & sweep LF bwd, LF cross behind RF, RF step side, LF cross over RF
- 5-6-7 RF step side and sway R, recover on LF & sway L, RF step side
- 8&a LF close behind RF, RF cross over LF, ¼ turn R & LF step back

S6: ¼ TURN AERIAL RONDE, ROCK BACK, RECOVER, STEP, ½ PIVOT, ½ BACK, CLOSE, HOLD

- 1-2-3 ¼ turn R on LF while sweeping RF bwd (in the air/off the ground), RF rock back, recover on LF
- 4&a RF step fwd, make ½ turn L (weight on LF), make another ½ turn L & RF step back
- 5-6-7-8 LF close next to RF, hold for 3 counts

Arm movement for counts 5-8: use these counts to bring both hands in at stomach level and bring them slowly up to chest level like you open a book (have a look at demo by the choreographers for inspiration)

Have fun!

Restart: in wall 5 (12:00) you dance the first two sections & add following steps before you restart

1-2& LF rock side, recover on RF, make a full turn L on RF & step LF together

3-4 RF rock side, recover on LF & slightly hitch R

Ending: in wall 7 dance up to count 24 and step RF fwd and sweep LF ½ turn R to finish to the front wall

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