

No Sun on Sunday!

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: High Intermediate NC
編舞者: Niels Poulsen (DK) - August 2017
音樂: Sun On Sunday - James Blunt : (iTunes)



Intro: 8 counts (app. 9 secs. into track). Start with weight on L foot

Tag: During wall 2, after 26 counts, facing 12:00. See Tag description at bottom of page

**3 Restarts: -

(1) on wall 4, after 26 counts, facing 12:00.

(2) on wall 5, after 18 counts, facing 6:00

(3) On wall 6, after 26 counts, facing 12:00.

NOTE: During the 3 choruses (walls 2, 4 and 6) the music slows down from counts 23-26. Don't change your steps. Follow the slowing down of the music

Phrasing: Intro, 32, 26, 8, 32, 26, 18, 26, Ending

[1 - 9] Lunge R, run around 1/2 L, cross rock, hitch, behind side 1/8 L, R rock, 1/2 R, full spiral R

1 Lunge R to R side (1) 12:00

2&3 Recover onto L with 1/4 L (2), turn 1/8 L stepping R fwd (&), turn 1/8 L stepping L fwd hitching R knee (3) Styling for count 3 during the 3 choruses: go up on the tip of your L toes 6:00

4 - 5 Cross rock R over L (4), recover onto L sweeping R to R side (5) Styling for count 4 during each of the 3 choruses: bend in both knees collapsing forwards in upper body to match the lyrics 'crumbling inside' 6:00

6&7 Cross R behind L (6), turn body 1/8 L stepping L to L side (&), Rock R fwd (7) 4:30

8&1 Recover on L (8), turn 1/2 R stepping R fwd (&), step L fwd and spiral a full turn R on L (1) 10:30

[10 - 17] Run run rock R fwd, back back rock L back, recover R fwd, reverse 3/8 L sweep, weave

2&3 Step R fwd (2), step L fwd (&), rock R fwd (3) 10:30

4&5 Recover back on L (4), run back on R (&), rock back on L opening body slightly up to L (5) 10:30

6 - 7 Recover fwd onto R prepping body slightly R (6), turn 3/8 L stepping L fwd sweeping R fwd at the same time (7) 6:00

8&1 Cross R over L (8), step L to L side (&), cross R behind L sweeping L out to L side (1) 6:00

[18 - 24] Behind turn step, step turn turn sweep, L back mambo, step 1/4 L

2&3 Cross L behind R * (2), turn 1/4 R stepping R fwd (&), step L fwd (3) - 9:00

* Note: Restart on wall 5 after count 2 in this section, facing 6:00

4&5 Step R fwd (4), turn 1/2 L stepping fwd onto L (&), turn 1/2 L stepping back on R sweeping L out to L side (5) 9:00

6&7 Rock back on L (6), recover fwd to R (&), step L fwd (7) 9:00

8& Step R fwd (8), turn 1/4 L onto L (&) 6:00

[25 - 32] R cross rock, ball cross rock recover, ball cross, side L, R back rock, side R, behind

1 - 2 Cross rock R over L (1), recover onto L (2) 6:00

* Note: Restart here on wall 4, facing 12:00

&3 - 4 Step R to R side (&), cross rock L over R (3), recover back on R (4) 6:00

&5 - 6 Step L to L side (&), cross R over L (5), step L to L side (6) 6:00

7& Rock back on R (7), recover fwd onto L (&) 6:00

8& Step R to R side (8), cross L behind R (&) 6:00

Start Again!

Ending: Start wall 7, facing 12:00. Finish the dance facing 10:30 with the L back rock on count 13 12:00

TAG: During wall 2, after 26 counts, facing 12:00:

Lunge R, 1 ¼ roll L with sweep, R jazz box ¼ R, L cross rock side, R cross rock

- 1 Lunge R to R side (1) 12:00
- 2&3 Recover to L turning ¼ L (2), turn ½ L stepping back on R (&), turn ½ L stepping L fwd sweeping R fwd (3) 9:00
- 4&5 Cross R over L (4), step back on L (&), turn ¼ R stepping R to R side (5) 12:00
- 6&7 Cross rock L over R (6), recover back on R (&), step L to L side (7) 12:00
- 8& Cross rock R over L (8), recover back on L (&) ... Then start the dance from the top again 12:00

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