

Sunrise

拍數: 64 牆數: 2 級數: Improver
編舞者: Esmeralda van de Pol (NL) - October 2019
音樂: Sunrise - Dolly Style



Intro : 32 counts

FWD ROCK, COASTER CROSS, SIDE TOUCH, CHASSE R

1-2 Rock RF fwd, Recover weight on LF
3&4 Step RF back, Step LF next to RF, Cross RF over LF
5-6 Step LF to L side, Touch RF next to LF
7&8 Step RF to R side, Step LF next to RF, Step RF to R side

CROSS, SIDE, BEHIND-SIDE-CROSS, SIDE ROCK, CROSS SHUFFLE

1-2 Cross LF over RF, Step RF to R side
3&4 Step LF behind RF, Step RF to R side, Cross LF over RF
5-6 Rock RF to R side, Recover weight on LF
7&8 Cross RF over LF, Step LF to L side, Cross RF over LF

WEAVE L, 1/4 TURN R, 1/4 TURN R, L CROSS SHUFFLE

1-2 Step LF to L side, Step RF behind LF
3-4 Step LF to L side, Cross RF over LF
5-6 1/4 turn R-Step LF back, 1/4 turn R-step RF to R side
7&8 Cross LF over RF, Step RF to R side, Cross LF over RF

SIDE ROCK, CROSSs, SIDE, KICKBALL STEP X2

1-2 Rock RF to R side, Recover weight on LF
3-4 Cross RF over LF, Step LF to L side
5&6 Kick RF diagonal fwd, Step RF next to LF, Step LF to L side
7&8 Kick RF diagonal fwd, Step RF next to LF, Step LF to L side

CROSS ROCK, CHASSE 1/4 TURN R, PIVOT 1/4 TURN R, L SHUFFLE FWD

1-2 Rock RF across LF, Recover weight on LF
3&4 Step RF to R side, Step LF next to RF, 1/4 turn R-step RF fwd
5-6 Step LF fwd, 1/4 turn R-weight on RF
7&8 Step LF fwd, Step RF next to LF, Step LF fwd

WALK FWD, MAMBO FWD, WALK BACK, COASTER STEP

1-2 Step RF fwd, Step LF fwd
3&4 Rock RF fwd, Recover weight on LF, Step RF back
5-6 Step LF back, Step RF back
7&8 Step LF back, Step RF next to LF, Step LF fwd****restart wall 3

ROCKING CHAIR, PIVOT 1/2 TURN L, L SHUFFLE FWD

1-2 Rock RF fwd, Recover weight on LF
3-4 Rock RF back, Recover weight on LF
5-6 Step RF fwd, 1/2 turn L-weight on LF
7&8 Step RF fwd, Step LF next to LF, Sep RF fwd

CROSS ROCK, SIDE ROCK, BACK SWEEP, BACK ROCK

1-2 Rock LF across RF, Recover weight on RF
3-4 Rock LF to L side, Recover weight on RF

5-6 Step LF back, Sweep RF to back
7-8 Rock Back on RF, Recover weight on LF

Dance With Esmerlada
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