

Sunrise Waltz

拍數: 48 牆數: 4 級數: Intermediate waltz
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - August 2021
音樂: Sunrise Tells The Story - Midland



start after 24 count intro - 3mins 28secs - 110bpm - ACW rotation

Music Available: Amazon

[1-6] L fwd, turn ½ L, R back, L back (L balance step), R back, ¼ L, point L to L side, hold

1-3 Step L forward (extended 5th), turning ½ left step R back, step L back (6 o'clock)

4-6 Step R back, turn ¼ left as you point left to L side, hold (3 o'clock)

[7-12] Cross L over R, ¼ L, R back, L back (¼ L balance step), R back, point L to L side, hold

1-3 Cross step L over R, turning ¼ left step R back, step L back (12 o'clock)

4-6 Step R back, point L to left side, hold

WALL 3 RESTART: Dance the first 12 counts and restart the dance facing back wall

[13-18] Cross L over R, R to R side, L fwd (L twinkle travelling forward), cross R over L, turn ¼ R, L to L side, R to R side (¼ R twinkle)

1-3 Cross step L forward on right diagonal, step R side, step L forward

4-6 Cross step R forward, turning ¼ right step L side, step R side (3 o'clock)

[19-24] 3 step R weave, R side (long step), drag L tog, cross R over L (scissor step)

1-3 Cross step L over R, step R side, cross step L behind R

4-6 Step R side (long step), step L together (drag together), cross step R over L (scissor step)

[25-30] ¼ R step L back, ¼ R step R to R side, cross L over R (½ R hinge), ¼ L step R back, ¼ L step L to L side, (½ L hinge), cross R over L

1-3 Turning ¼ right step L back, turning ¼ right step R side, cross step L over R (9 o'clock)

4-6 Turning ¼ left step R back, turning ¼ left step L side, cross step R over L (3 o'clock)

[31-36] ¼ L, L fwd, lift R knee up, turning ¼ L cross R over L, 3 step grapevine L with ¼ L turn

1-3 Turning ¼ left step L forward, lift R knee up, ¼ left cross step R over L (9 o'clock)

4-6 Step L side, cross step R behind L, turning ¼ left step L forward (6 o'clock)

[37-42] ¼ L, R to R side, cross L behind R, point R side R, cross R over L, point L side L, hold

1-3 Turning ¼ left step R side, cross L behind R, point R side (3 o'clock)

4-6 Cross step R over L, point L side, hold

WALL 5 TAG/RESTART: During wall 5 dance the first 42 counts you will be facing back wall. Add the following 3 counts then start the dance again

1-3 1-3 Press L forward, recover on R, point L to left side

ENDING: Wall 8, dance first 41 counts and turn to face front placing weight on L, strike a pose.

[43-48] L fwd, turn ½ L, R back, L back (½ L balance step), R back, L back, R fwd (coaster step)

1-3 Step L forward (extended 5th), turning ½ left step R back, step L back

4-6 Step R back, step L back, step R forward (9 o'clock)