

Sunday Kinda Love

COPPER KNOB
BY SHEETS

拍數: 64 牆數: 2 級數: Improver
編舞者: Bracken Heidenreich (USA) - 29 September 2024
音樂: Sunday Kinda Love - Tony Ramey : (Album: Finding Faith)



(2 easy restarts)

#16 count intro

THANK YOU TO MY MOM (LINDA ELLIS) FOR SHARING THIS MUSIC WITH ME AFTER HEARING IT IN THE HALLMARK MOVIE

On Apple Music, look for the ALBUM, not the artist, to find the song.

SECTION 1: WEAVE WITH A HITCH, WEAVE WITH A HITCH

1,2 Step Left behind right; Step Right to right side [12:00]
3,4 Step Left across right; Hitch Right (move Right through low/ankle passé position, back to front)
5,6 Step Right across left; Step Left to left side
7,8 Step Right behind left; Hitch Left (move Left through low/ankle passé position, front to back)*

***Restart here on Wall 3 and 6 (the first two times you return to the front wall)**

SECTION 2: BACK ROCK, STEP, SPIN, RUN-RUN-RUN (1/4)

1,2 Left rock back; Recover on Right in place
3,4 Step Left forward; Full spin clockwise (weight stays on left; for styling, keep Right pointed low to ground)

[no "hook across" like a typical spiral turn]

5,6,7,8 Gently arcing to 1/4 right wall (3:00) – Step Right forward, Left forward; Right forward; Hold [3:00]

SECTION 3: CROSS ROCK, STEP TOUCH, STEP TOGETHER, STEP TOUCH

1,2 Rock Left across right; Recover on Right in place
3,4 Step Left to left side; Touch Right next to left
5,6,7,8 Step Right to right side; Step Left next to right; Step Right to right side; Touch Left next to right [3:00]

***For ENDING of song, slow with the music lyrics, holding on count 4 with the lyric "us" with a long pause, continue counts 5-8 on the lyrics "Sunday Kind...." and hold a long pause, then turn to 12:00 and step Left forward to finish with arms coming up on "Love"**

SECTION 4: RUMBA BOX (SIDE TOGETHER FORWARD; SIDE TOGETHER BACK)

1,2 Step Left to left side; Step Right next to left
3,4 Step Left forward; Hold
5,6 Step Right to right side; Step Left next to right
7,8 Step Right back; Hold

SECTION 5: BACK POINT (4X) FOR HALF TURN (Dance this section as a smooth half turn (backwards) over 8 counts)

1,2 Step Left back; Turn 1/4 right to point Right to right side [6:00]
3,4 Step Right back; Point Left to left side
5,6 Turn 1/4 Right and step Left back; Point Right to right side [9:00]
7,8 Step Right back; Point Left side (end with body open toward 10:30) [9:00]

SECTION 6: STEP LOCK STEP, HITCH, STEP LOCK STEP, HITCH

1,2,3 Step Left forward toward 10:30; Lock Right behind left; Step Left forward toward 10:30 [10:30]

- 4 Hitch Right (move Right through low/ankle passé position, back to front)
5,6,7 Step Right forward toward 7:30; Lock Left behind right; Step Right forward toward 7:30 [7:30]
8 Hitch Left (move Left through low/ankle passé position, back to front)

SECTION 7: PIVOT FULL TURN, HOLD, COASTER CROSS, HOLD

- 1 Step Left forward toward 9:00 [9:00]
2 Pivot 1/2 turn right, weight on Right [3:00]
3,4 Turn 1/2 turn right and step Left back; Hold [9:00]
5,6,7,8 Step Right back; Step Left next to right; Step Right across left; Hold

SECTION 8: SIDE ROCK CROSS, 1/4 SIDE ROCK CROSS, SIDE ROCK

- 1,2,3 Rock Left to left side; Recover on Right in place; Step Left across right
4 Turn 1/4 left and Rock right to right side [6:00]
5,6 Recover on Left in place; Step Right across left
7,8 Rock Left to left side; Recover on Right in place (angle body to 4:30)

ENJOY THE DANCE!
