

Sunrise

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 0 級數:
編舞者: Val Parry (UK)
音樂: Sunrise - Simply Red



Sequence: A, B, B, C, A, B, B, C, C, C, B, B, C, B, C

SECTION A

POINT TOUCH, SHUFFLE, ROCK & CROSS, ¼ BACK SHUFFLE

1-2 Point right to right, touch right next to left
3&4 Right shuffle forward (right-left-right)
5&6 Rock left to left side replace weight on right and cross left in front of right
7&8 Right shuffle back turning ¼ left (right-left-right)

POINT TOUCH, SHUFFLE, ROCK AND CROSS, ¼ BACK SHUFFLE

9-10 Point left to left, touch left next to right
11&12 Left shuffle forward (left-right-left)
13&14 Rock right to right side replace weight on left and cross right in front of left
15&16 Left shuffle back turning ¼ right (left-right-left)

REPLACE WEIGHT, PIVOT ½, ROCK AND CROSS, POINT HITCH, CROSS SHUFFLE

&17-18 Replace weight on right, step forward left pivot ½ turn to right
19&20 Rock left to left side, replace weight on right, cross left in front of right
21-22 Point right to right side, hitch right
23&24 Cross right in front of left, step left small step left, cross right in front of left

POINT HOLD, HEEL HOOK, SHUFFLE, COASTER STEP

25-26 Point left to left side, hold
27-28 Touch left heel forward, hook left across right knee
29&30 Shuffle forward (left-right-left)
31&32 Step back right close left step forward right

STEP PIVOT ¼, ROCK LEFT AND CROSS, SIDE CLOSE CROSS, STEP BACK HOLD

33-34 Step forward left pivot ¼ right stepping forward onto right
35&36 Rock left to left side and cross
37&38 Step right to right side, step left next to right and cross right in front of left
&39-40 Jump back on left, touching right toe in front of left, hold

For style look up with arms stretched down and splayed out

HOLD FOR 2 BEATS, ROCK FORWARD AND TOUCH, CHASSE ¼ TURN RIGHT, MAMBO LEFT

41-42 Hold for 2 beats with weight remaining on left
43&44 Rock forward on right replace weight on left and touch right next to left
45&46 Step right to right side, close left next to right, step right to right side, turning ¼ to the right
47&48 Rock left to left side, replace weight on right, close left to right

SECTION B

HEEL & CROSS, & CROSS, STEP TO SIDE, HEEL & CROSS, & CROSS & TURN

1&2 Touch right heel forward, jump back on right, cross left in front of right
&3-4 Little jump back on right, cross left in front of right, step right to right side
5&6 Touch left heel forward, jump back on left, cross right in front of left
&7&8 Little jump back on left, cross right across left, little jump back on left, step right to right side turning ¼ right

POINT, TURN ¼ TWICE, ROCK FORWARD, FULL TURN

- 9-10 Point left toe forward, pivot ¼ turn to right
11-12 Point left toe forward, pivot ¼ turn to right
13-14 Rock left forward replace
15&16 Shuffle full turn left on spot stepping (left-right-left)

SECTION C**ROCK & BEHIND, ROCK & BEHIND, SHUFFLE ¼, ROCK & CROSS**

- 1&2 Rock right to right side, replace weight on left, cross right behind left
3&4 Rock left to left side, replace weight on right, cross left behind right
5&6 Step right to right, close left to right, turning ¼ to right step forward right
7&8 Rock left to left side, replace weight on right, cross left in front of right

SIDE TOUCH, KICK BALL TOUCH, WALK WALK, STEP ½ TURN

- 9-10 Step right to right side, touch left next to right
11&12 Kick left, replace weight on left, touch right next to left
13-14 Walk forward right, walk forward left
15-16 Step forward right, pivot ½ turn
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