

Forever Sunrise

拍數: 40 牆數: 2 級數: Improver
編舞者: Jim Sandham (UK)
音樂: Sunrise - Simply Red



RIGHT ROCK, RIGHT SAILOR STEP, LEFT SAILOR STEP, CROSS UNWIND

1-2 Rock right, recover weight onto left
3&4 Cross right behind left, step left to left side, step right to right side
5&6 Cross left behind right, step right to right side, step left to left side
7-8 Cross right behind left, unwind ½ turn right

SHUFFLE FORWARD, STEP ½ PIVOT, SHUFFLE FORWARD, KICK & POINT

1&2 Step forward left, close right beside left, step forward left
3-4 Step forward right, pivot ½ turn left
5&6 Step forward right, close left beside right, step forward right
7&8 Kick forward left, step left beside right, point right to right side

CROSS SHUFFLE, TURN, TURN, CROSS SHUFFLE, STEP SLIDE

1&2 Cross right over left, step left to left side, cross right over left
3-4 Step back on left ¼ right, step right to right side ¼ right
5&6 Cross left over right, step right to right side, cross left over right
7-8 Step right large step to right, slide left to touch

SYNCOPATED VINE, CROSS UNWIND, SHUFFLE FORWARD

1-2 Step left to left side, step right behind left
&3-4 Step left to left side, step right over left, step left to left side
5-6 Cross right over left, unwind ¾ turn left
7&8 Step forward right, step left next to right, step forward right

ROCK, RECOVER, ¼ TURN CHASSE, CROSS UNWIND, ROCK, RECOVER

1-2 Rock forward left, recover onto right
3&4 Step left ¼ left, step right to left, step left to left side
5-6 Cross right over left, unwind full turn left
7-8 Rock right to right side, recover onto left

REPEAT

Alternative steps for 5-6 in section 5 = cross rock & recover
