

Sunday

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Dee Musk (UK) - April 2011
音樂: Sunday - Hurts : (Album: Happiness - 3:51)



16 Count Intro from the beginning. (Approx 7 seconds).

FORWARD ROCK, WALK BACK R,L, TOUCH ¼ TURN R CROSS ROCK.

1,2 Rock forward on R, recover weight to L.
3,4 Walk back R, walk back L.
5,6 Touch R toe back, make a ¼ turn R (weight on R).
7,8 Cross rock L over R, recover weight to R. (3 o'clock).

SIDE ROCK, BEHIND SIDE, CROSS ROCK, CHASSE ¼ TURN L.

1,2 Rock L to L side, recover weight to R.
3,4 Cross step L behind R, step R to R side.
5,6 Cross rock L over R, recover weight to L.
7&8 Step L to L side, close R beside L, make a ¼ turn L stepping L forward. (12 o'clock).

STEP ¼ TURN R, WEAVE WITH POINT, TOUCH POINT.

1,2 Step forward on R, make a ¼ turn L.
3-6 Cross R over L, step L to L side, cross R behind L, point L to L side.
7,8 Touch L in front of R, point L to L side. (9 o'clock).

CROSS SHUFFLE, SIDE BEHIND, ¼ TURN, STEP ¾ TURN R, SIDE.

1&2 Cross L over R, step R to R side, cross L over R
3,4 Step R to R side, cross L behind R.
5 Make a ¼ turn R stepping forward on R.
6-8 Step forward on L, make a ¾ turn R, step L to L side. (9 o'clock).

**** Restart from here during wall 6 – begin again facing 6 o'clock.**

BEHIND SIDE, CROSS AND HEEL, HOLD, AND CROSS, HOLD, OUT OUT.

1,2 Cross R behind L, step L to L side.
3&4 Cross R over L, step L to L side, touch R heel to R diagonal.
5 Hold count 5.
&6 Step R beside L, cross L over R.
7 Hold count 7.
&8 Step R out to R side, step L out to L side. (9 o'clock).

JAZZBOX, R SHUFFLE FORWARD, ROCK RECOVER.

1-4 Cross R over L, step back on L, step R to R side, step L forward.
5&6 Shuffle forward stepping R, L, R.
7,8 Rock forward on L, recover weight to R. (9 o'clock).

WALK BACK L, R, TOUCH ¼ TURN L, CROSS ROCK, SIDE CROSS.

1,2 Walk back L, walk back R.
3,4 Touch L toe back, make a ¼ turn L (weight on L).
5,6 Cross rock R over L, recover weight to L.
7,8 Step R to R side, cross L over R. (6 o'clock).

POINT ½ MONTEREY TURN R, POINT ¼ TURN L, JAZZBOX.

1,2 Point R to R side, make a ½ Monterey turn R stepping R beside L.
3,4 Point L to L side, make a ¼ turn L stepping L beside R.

5-8 Cross R over L, step back on L, step R to R side, step forward on L. (9 o'clock).

****Restart during wall 6 – dance to the end of section 4, then begin again facing 6 o'clock wall.**

Choreographer's Note: During wall 5 the music goes quiet, dance through it until the music kicks back in on wall 6.

Dance finishes facing 12 o'clock wall. Enjoy Dee xx

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