

Sunday Morning

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Roy Verdonk (NL) & Pim van Grootel (NL) - March 2012
音樂: Easy (feat. Willie Nelson) - Lionel Richie



Starts after: 16 Counts

Step Diagonally fwd R, Syncopated cross sailors L,R, – Travelling backwards, Cross L, Rock Side R, Recover with ¼ Turn L

1 RF step diagonally forward right
2&3 LF cross in front of RF, RF step diagonally back right, LF step diagonally back left
&4& RF cross in front of LF, LF step diagonally back left, RF step diagonally back right
5 LF cross in front of RF
6-7 RF rock to right, ¼ turn left stepping forward left

¾ Turn L, Rock, Recover R, Side, Cross over, Walk fwd R,L, ¾ Turn L, Weave

8 Make ½ turn left stepping RF back
& Make ¼ turn left stepping LF left
1 RF rock in front of LF
2&3 Recover onto LF, RF step to right, LF cross in front of RF
4-5 RF walk forward, LF walk forward
6 RF step forward
& Make ½ turn left stepping LF forward (6 o'clock)
7 Make ¼ turn left stepping RF to right (3 o'clock)
8&1 LF cross behind RF, RF step to right, LF cross in front of RF

Cross, Unwind, ¾ Turn L with Sweep, Weave, Rock, Recover R in Diagonal, Back, ½ Turn L, Step fwd R

2 RF cross in front of LF
3 Unwind ¾ Turn left whilst sweeping LF from front to back (6 o'clock)
4&5 LF cross behind RF, RF step to side, LF cross in front of RF
6-7 RF rock in right diagonal forward (7,30 o'clock), Recover onto LF
8 RF step back in diagonal
& Make ½ turn left stepping LF forward (1.30 o'clock)
1 RF step forward diagonal (1.30 o'clock)

Syncopated Rock Steps, ¼ Turn R, Rock back, Recover, Full Turn L

2 LF cross in front of RF
& Recover onto RF (squaring up to 12 o'clock wall)
3 LF rock to left
& Recover onto RF
4 LF rock back
& Recover onto RF
5 Make ¼ turn right stepping LF back (3 o'clock)
6-7 RF rock back, recover onto LF
8 Make ½ turn L stepping RF back
& Make ½ turn L stepping LF forward

Tag: After walls 1, 3, and 5:

1-2 Sway hips right, sway hips left
3-4 Sway hips right, sway hips left.

(N.B. in wall 1 and 3, you sway 4 times, in wall 5 you sway hips only 2 times)

Good luck and have fun...!
