

The Sun Is Up

拍數: 64 牆數: 2 級數: Easy Intermediate
編舞者: Graham Woodcock (UK) - August 2013
音樂: It's a Beautiful Day - Michael Bubl  : (Album: To be Loved)



16 Count intro

Section 1: Right Weave With Scuff, Left Chasse, Back Rock

1-2 Step Right to Right side, Step Left behind Right
3-4 Step Right to Right side, Scuff Left diagonally across Right
5&6 Step Left to Left side, Close Right beside Left, Step Left to left side
7-8 Rock Back on Right, Recover weight Forward on Left

Section 2: Right Side, Behind, 2x ¼ Turns Right, Right Chasse, Back Rock

1-2 Step Right to Right side, Step Left behind Right
3-4 Make ¼ turn Right stepping Right Forward, Make ¼ turn Right stepping Left to Left side
5&6 Step Right to Right side, Close Left beside Right, Step Right to Right side
7-8 Rock Back on Left, Recover weight Forward on Right (6 o clock)

Section 3: Left Rocking Chair, Step Pivot ½ Turn Right, Left Shuffle Forward

1-2 Rock Forward on Left, Recover weight Back on Right
3-4 Rock Back on Left, Recover weight Forward on Right
5-6 Step Forward on Left, Pivot ½ Turn Right (12 o clock)
7&8 Left Shuffle Forward stepping Left, Right, Left

(RESTART HERE WALL 4)

Section 4: Right Rocking Chair, Point Right Forward, Side, Behind, Kick

1-2 Rock Forward on Right, Recover weight Back on Left
3-4 Rock Back on Right, Recover weight Forward on Left
5-6 Point Right Forward, Point Right to Right side
7-8 Point Right behind Left, Kick Right Forward

Section 5: Cross Right, Hold, Back Left, Hold, Side, Hold, &, Side Together

1-2 Cross Right over Left, Hold
3-4 Step Back on Left, Hold
5-6& Step Right to Right side, Hold, Step Left next to Right
7-8 Step Right to Right side, Step Left next to Right

Section 6: Step ¼ Right, Hold, Forward Rock, Triple ¾ Turn Left, Cross, Back

1-2 Make ¼ Turn Right stepping Forward on Right, Hold (3 o clock)
3-4 Rock Forward on Left, Recover weight back on Right
5&6 Triple ¾ Turn Left stepping Left, Right, Left (6 o clock)
7-8 Cross Right over Left, Step back on Left

(RESTART HERE WALL 2)

Section 7: Side Rock, Right Shuffle Forward, Side Rock, Sailor ¼ Turn Left

1-2 Rock Right out to Right side, Recover weight on Left
3&4 Right Shuffle Forward stepping Right, Left, Right
5-6 Rock Left out to Left side, Recover weight on Right
7&8 Cross Left behind Right turning ¼ left, Step Right in place, Step Left in place (3)

Section 8: Step Pivot ¾ Turn Left, Side, Behind, &, Cross, Side Rock, Touch

1-2 Step Forward on Right, Pivot ¾ Turn Left (6 o clock)

3-4 Step Right to Right side, Step Left behind Right
&5 Step Right to Right side, Cross Left over Right
6-8 Rock Right out to Right side, Recover weight on Left, Touch Right next to Left

RESTART on wall 2 after count 48 facing front wall

RESTART on wall 4 after count 24 facing back wall

Contact: Sorry - None available.
