

Only on Sunday

拍數: 64 牆數: 4 級數: Improver
編舞者: Audrey Watson (SCO) - March 2014
音樂: Sunday - Kurt Darren : (iTunes)



Intro after the 4 drum beats. (4 Seconds)

S1: Side Rock, Cross Shuffle, Side Rock, Cross Rock.

1-2 Rock right to right side, recover weight on left.
3&4 Cross right over left, step left to left side, cross right over left.
5-6 Rock left to left side, recover weight on right.
7-8 Cross rock left over right, recover weight on right.

S2: Side Rock, ¼ Sailor Step, Pivot ½ Turn, Shuffle.

1-2 Rock left to left side, recover weight on right.
3&4 Turning ¼ left step left behind right, step right to right side, step left to left side.
5-6 Step fwd on right, pivot ½ turn left.
7&8 Shuffle fwd on right, left, right.

S3: Full Turn (or Walk Walk), Step & Twist, Fwd Rock, Fwd & Twist.

1-2 Turn ½ right stepping back on left, turn ½ right stepping fwd on right.
3&4 Step fwd on left, twist both heels out, in.
5-6 Rock fwd on right, recover back on left.
7&8 Rock fwd on right, twist both heels out, in.

Restart the dance here during Wall 3

S4: Fwd Rock, Back Lock Step, ¼ & Bump, ¼ & Bump.

1-2 Rock fwd on left, recover back on right.
3&4 Step back on left, cross right over left, step back on left.
5&6 Turn ¼ right bumping hips right, left, right.
7&8 Turn ¼ right bumping hips left, right, left.

S5: Back Rock, Kick & Cross, Side Tog, Chasse ¼ Turn.

1-2 Rock back on right, recover fwd on left.
3&4 Kick right foot fwd, step down on ball of right, cross left over right.
5-6 Step right to right side, close left next right.
7&8 Step right to right side, close left next right, turn ¼ right stepping fwd on right.

S6: Cross Unwind, Coaster Step, Skate Skate, Shuffle.

1-2 Cross left over right, unwind ½ turn right.
3&4 Step back on right, step left next right, step fwd on right.
5-6 Skate fwd on left, skate fwd on right.
7&8 Shuffle fwd on left, right, left.

S7: Jazz Box Cross, Chasse, Back Rock.

1-2 Cross right over left, step back on left.
3-4 Step right to right side, cross left over right.
5&6 Step right to right side, close left next right, step right to right side.
7-8 Rock back on left, recover fwd on right.

S8: Side Behind, Chasse ¼ Turn, Rocking Chair.

1-2 Step left to left side, Cross right behind left.
3&4 Step left to left side, close right next left, turn ¼ left stepping fwd on left.

5-6 Rock fwd on right, recover back on left.
7-8 Rock back on right, recover fwd on left.
