

Sun Arise

Count: 56

Wand: 2

Ebene: Improver

Choreograf/in: Doug Miranda (USA) & Jackie Snyder (USA)

Musik: Sun Arise - Graeme Connors



CROSS RIGHT OVER LEFT, POINT LEFT TO LEFT SIDE, CROSS LEFT OVER RIGHT, POINT RIGHT TO RIGHT SIDE, ROCK FORWARD, BACK, ½ TURN RIGHT, HOLD

1-2-3-4 Cross right over left, point left to left side, cross left over right, point right to right side

5-6-7-8 Rock forward on right, back on left, turn ½ turn right as you step forward on right, hold

CROSS LEFT OVER RIGHT, POINT RIGHT TO RIGHT SIDE, CROSS RIGHT OVER LEFT, POINT LEFT TO LEFT SIDE, ROCK FORWARD, BACK, ½ TURN LEFT, HOLD

1-2-3-4 Cross left over right, point right to right side, cross right over left, point left to left side

5-6-7-8 Rock forward on left, back on right, turn ½ turn left as you step forward on left, hold

STEP FORWARD RIGHT, TAP LEFT BEHIND, STEP BACK LEFT, RONDE ½ TURN RIGHT, STEP DOWN RIGHT, HOLD, ½ TURN LEFT, HOLD

1-2-3-4 Step forward right, tap left toe behind right, step back on left, sweep right toe ½ turn right

5-6-7-8 Step down on right, hold, turn ½ turn to left, hold

¼ TURN LEFT, ¼ TURN LEFT, CROSS TOE STRUT, SIDE TOE STRUT

1-2 Step forward on right, turn ¼ turn left

3-4 Repeat steps 1-2 above

5-6-7-8 Cross right toe over left, bring right heel down, step left toe to left side, bring left toe down

ROCK BACK ¼ TURN RIGHT, RECOVER LEFT, ¾ TURN LEFT, CROSS TOE STRUT, SIDE TOE STRUT

1-2 Rock back on right as you turn ¼ right, recover on left

3-4 Begin ¾ turn to left by turning ¼ left while stepping right to right side, turn ½ turn left stepping left to left side

5-6-7-8 Cross right toe over left, bring right heel down, step left toe to left side, bring left toe down

ROCK BACK ¼ TURN RIGHT, RECOVER LEFT, ¾ TURN LEFT, ROCK FORWARD, RECOVER BACK, ROCK BACK, RECOVER FORWARD

1-2 Rock back on right, as you turn ¼ right, recover on left

3-4 Begin ¾ turn to left by turning ¼ left while stepping right to right side, turn ½ turn left stepping left to left side

5-6-7-8 Rock forward on right, recover back on left, rock back on right, recover forward on left

HITCH RIGHT KNEE, TURN ¼ RIGHT, STEP DOWN, HOLD, TURN ¼ LEFT, RAISE LEFT ARM UP AND OUT TO LEFT WITH HOLD

1-2-3-4 Hitch right knee, turn ¼ turn right, step down on right, hold

5-6-7-8 Turn ¼ left and step down on left for count 5, and raise left arm up slowly for counts 5-8 to left angle, eyes following arm as a gesture to the "rising sun" as you hold weight on left

REPEAT

ENDING TO DANCE

To face the front(beginning) wall at the end of the dance: after counts 49-52, eliminate counts 53-56 and bring left toe behind right. Turn slowly ½ turn to left to face the front wall and slowly raise both arms from hip level up to head level in an outward circular motion.
