Easy Sunday Morning

Count: 32

Ebene: Beginner

Choreograf/in: Shanthie De Mel (AUS) - August 2012

Musik: Sunday Morning Coming Down - Johnny Cash

Intro only 2 counts. Start immediately on " - - woke up" - Rotation ccw: Note slow tempo, 84 BPM. This dance is dedicated to Christene of Kerang (The guiet, classy one)! Thanks Christene for giving me this song. Happy dancing!

LOCK STEPS FWD RIGHT & LEFT WITH SCUFF

- 1, 2, 3, 4 Step R fwd. Lock L behind R. Step R fwd. Scuff L fwd.
- 5, 6, 7, 8 Step L fwd. Lock R behind L. Step L fwd. Scuff R fwd. (12:00)

CROSS ROCK. REP. BACK. HOLD. (TO BOTH SIDES)

- Cross rock R over L. Rep L. Step R back. Hold. 1, 2, 3, 4
- 5, 6, 7, 8 Cross rock L over R. Rep R. Step L back. Hold. (12:00)

TOE STRUTS BACK x2 TURNING 1/4 LEFT. SIDE. TOG. SIDE. HOLD.

- Step back on R toe. Step R heel down. 1, 2
- 3, 4 Turning 1/4 left step back on L toe. Step L heel down.(9:00)
- Step R to right side. Step L tog. Step R to right side. Hold. 5, 6, 7, 8

SIDE, TOG, SIDE, HOLD,

Step L to left side. Step R tog. Step L to left side. Hold. 1, 2, 3, 4 RESTART HERE facing 6:00 after Rotation 2.

SWAY RIGHT. SWAY LEFT.

Sway to right in place for 2 counts. Sway to left in place for 2 counts. (9:00) 5, 6, 7, 8

ENDING OPTIONAL. At the end of the song, cross R over L & slow unwind to face 12:00.





Wand: 4