Simply - Sunrise



Count: 48 Wall: 4 Level: Intermediate social cha

Choreographer: Alan Birchall (UK)

Music: Sunrise - Simply Red



TOUCH, HOLD, STEP, STEP, POINT, 1/4 TWIST, 1/2 TWIST, DOWN UP

1-2	Touch right	to	riaht	hold
1-4	i ouch night	w	HIGHT,	HOIG

Step right by left, step left to left Step right by left, point left to left

5 Making ¼ turn left twist heels right (facing 9:00)

6 Making ½ turn right twist both heels left (weight ends on left facing 3:00)

7-8 Squat down, stand up (weight on left)

Options: rock forward on right, recover on left, or body roll - weight must end on left

STEP, SLIDE, ¼ SIDE SHUFFLE, STEP, ½ PIVOT, FULL TURN, ¼ TURN (1¾ TURN TOTAL)

1-2 Take large step forward on right, slide left towards right

3&4 Step left to left, right by left, left to left making ¼ turn left (facing 12:00)

5-6 Step forward on right, ½ pivot left (facing 6:00)

7& Full turn left stepping right, left

8 Large step forward on right making ½ turn left (facing 3:00)

SLIDE, STEP, CROSS, POINT, CROSS, POINT, CROSS, UNWIND

1-2 Slide left behind right (over two counts)&3 Step right to right, cross left over right

4 Point right to right

5-6 Cross right over left, point left to left

7-8 Cross left over right, unwind ½ turn right (facing 9:00)

STEP BACK, SLIDE/HOOK, SHUFFLE, STEP BACK, SLIDE, SHUFFLE

1-2 Take large step back on right, slide left towards right hooking over right shin (bow & click

fingers)

3&4 Left shuffle forward stepping left, right, left

5-6 Take large step back on right, slide left towards right hooking over right shin (bow & click

fingers)

7&8 Left shuffle forward stepping left, right, left

SIDE, BEHIND, SWEEP, SIDE, IN FRONT, UNWIND WITH RONDE

1-2 Step right to right, cross left behind right
3-4 Sweep right behind left (over two counts)
5-6 Step left to left, cross right over left

7-8 Unwind full turn left with left ronde transferring weight to left (facing 9:00)

CROSS ROCK, RECOVER, HEEL, STEP, CROSS, TOUCH'S, HEEL SWIVELS

1-2 Cross rock right over left, recover on left
&3 Step back on right, extend left heel forward
&4 Step left by right, cross right over left
5& Touch left to left, step left by right
6& Touch right to right, step right by left

7&8 Touch left to left

8 Swivel heels right, left (weight ends on left)

REPEAT

