I'm On It (aka - Up With The Sunrise)

级数: Easy Intermediate

编舞者: Hayley Wheatley (UK) - February 2016

音乐: I'm On It (feat. Chris Carmack) - Nashville Cast

Count In: 32 counts. Start on Vocals

拍数: 64

One Restart on Wall 5 after Count 32

Please note: following the Restart, the dance will then be performed facing walls 3:00 and 9:00

S1: SIDE STEP, TOUCH, SWAY, SWAY, BEHIND, ¼ TURN, STEP, HOLD

- 1-2 Step RF to R side, Touch L toe beside RF□12:00
- 3-4 Step LF to L while swaying hips L, Recover onto RF while swaying hips R 12:00
- 5-6 Step LF behind R, Make 1/4 turn R while stepping fwd on RF 3:00
- 7-8 Step fwd on LF, Hold □3:00

S2: ROCK FORWARD, RECOVER, STEP BACK, SWEEP, STEP BACK, SWEEP, STEP BACK, RONDE SWEEP

- 1-2 Rock fwd of RF, Recover on L□ 3:00
- Step back on RF, Sweep LF around from front to back □3:00 3-4
- 5-6 Step back on LF, Sweep RF around from front to back□3:00
- 7-8 Step back on RF, Make a big semi-circle sweep with the LF sweeping behind R 3:00

S3: BEHIND, SIDE, CROSS, HOLD, SIDE STEP, TOUCH X2

- 1-2 Step LF behind R, Step RF to R side□3.00
- 3-4 Cross LF over R, Hold□3:00
- 5-6 Step RF to R side, Touch LF next to R□3:00
- 7-8 Step LF to L side, Touch RF next to $L\Box$ 3:00

S4: SIDE ROCK, RECOVER, CROSS, HOLD, ¼ TURN, ¼ TURN, CROSS, HOLD

- 1-2 Rock RF to R side, Recover onto $L\Box 3:00$
- 3-4 Cross RF over L, Hold □ 3:00
- 5-6 Step back onto LF making ¼ turn R, Step RF to R making ¼ R□9:00
- 7-8 Cross LF over R, Hold □9:00
- **RESTART HERE DURING WALL 5**

S5: STEP SIDE, TOGETHER, HOLD, BACK, SHUFFLE ¼ TURN, HOLD□

- 1-2 Step RF to R side, Close LF beside R□9:00
- 3-4 Step back onto RF, Hold□9:00
- 5-6
- 7-8 Step fwd on LF, Hold \Box 6:00

S6: SIDE ROCK, RECOVER, STEP FORWARD, HOLD, SIDE ROCK, RECOVER, STEP FORWARD, HOLD

- 1-2 Rock RF to R, Recover onto LF 6:00
- 3-4 Step fwd on RF, Hold □6:00
- 5-6 Rock LF to L, Recover onto RF□6:00
- 7-8 Step fwd onto LF, Hold \Box 6:00

S7: FORWARD ROCK, RECOVER, STEP BACK, HOLD, LOCK 1/2 TURN, HOLD

- Rock fwd on RF, Recover onto L□6.00 1-2
- 3-4 Step RF back, Hold □6:00
- 5-6 Making ¹/₂ turn L step fwd on LF, Lock RF behind L□12:00
- Step fwd on LF, Hold□12:00 7-8



墙数: 2

S8: CHASE ½ TURN, HOLD, LEFT LOCK FORWARD, HOLD

- 1-2 Step fwd on RF, Pivot ½ turn L□6:00
- 3-4 Step fwd on RF, Hold□12:00
- 5-6 Step fwd on LF, Lock RF behind L□12:00
- 7-8 Step fwd on LF, Hold 12:00

Contact: hcwheatley@live.com - Tel. +44 7807 081564