Simply Sunrise



拍數: 48 編數: 4 級數: Intermediate cha cha

編舞者: Max Perry (USA) 音樂: Sunrise - Simply Red



(Same song, different lyrics.)

SIDE STEP, SYNCOPATED SAILOR SHUFFLE, TOGETHER, 1/2 PIVOT TURN LEFT, SIDE TOGETHER

1 Step right to right side

Cross left behind right, step right to right side, step left in place
Cross right behind left, step left to left side, step right in place

5 Step left next to right

6-7 Step right forward and turn ½ left, step left in place turning ¼ left

8& Step right to right side, step left next to right

SIDE STEP, SYNCOPATED SAILOR SHUFFLE, TOGETHER, ¾ PIVOT TURN LEFT, SIDE TOGETHER

1 Step right to right side

Cross left behind right, step right to right side, step left in placeCross right behind left, step left to left side, step right in place

5 Step left next to right

6-7 Step right forward and turn ½ left, step left in place turning ¼ left

8& Step right to right side, step left next to right

SIDE, ROCK STEP FORWARD, CHA-CHA LOCK TRAVELING BACK TO FULL TRAVELING PIVOT, COASTER STEP

1-2-3 Step right to right side, rock left forward, step right in place (recover)

4& Step left back, cross right over left as you move backward

5-6-7 Step left back turning ½ right, step right forward turning ½ right, step left back

8& Step right back, step left next to right

CHA-CHA TERRACE MOVING FORWARD

1-2 Step right forward, step left up to right (3rd foot position)

3&4& Step right forward, step left up to right, step right forward, step left up to right

ROCK STEP FORWARD, RIGHT TRAVELING PIVOT MOVING BACK, TURNING ¾

5-6 Rock right forward, step left in place (recover and turning ½ right)

7-8 Step right forward turning ½ right, step left to left side

STOMP UP, SYNCOPATED WEAVE, STOMP UP, SYNCOPATED WEAVE

1 Stomp up (release foot from floor) right to right side

&2&3&4 Step right side, cross left over right, step right side, cross left behind right, step right side,

cross left over right

5 Stomp up (release foot from floor) right to right side

&6&7&8 Step right side, cross left over right, step right side, cross left behind right, step right side,

cross left over right

Use very small steps when dancing the syncopated weaves

SYNCOPATED WEAVE, LARGE SIDE STEP, HOLD, ROCK BACK (BALL), CROSS

1-2 Cross step right over left, step left to left side

3&4 Cross right behind left, step left to left side, cross right over left
 5 Step left to left side (large step, letting right slide slightly towards left)

6-7 Hold

REPEAT