

TITLE: SUNRISE

MUSIC: SUNRISE **ARTIST:** SIMPLY RED

CHOREOGRAPHER: Val Parry

PHRASED INTERMEDIATE LINEDANCE

Web site: <http://www.dancers-r-us.co.uk>

24 beat intro start on vocals 106 Bpm

Email : val@dancers-r-us.co.uk

SEQUENCE: A, B, B, C, A, B, B, C, C, C, B, B, C, B, C



SECTION A

Point Touch, Shuffle, Rock & Cross, ¼ Back Shuffle

- 1 – 2 Point right to right, touch right next to left
3 & 4 right shuffle forward (rlr)
5 & 6 rock left to left side replace weight on right and cross left in front of right
7 & 8 right shuffle back turning 1/4 left (rlr)

Point Touch, Shuffle, Rock and Cross, ¼ Back Shuffle

- 9 - 10 point left to left, touch left next to right
11 & 12 left shuffle forward (lrl)
13 & 14 rock right to right side replace weight on left and cross right in front of left
15 & 16 left shuffle back turning ¼ right (lrl)

Replace Weight, Pivot ½, Rock and Cross, Point Hitch, Cross Shuffle

- &17- 18 replace weight on right, step forward left pivot ½ turn to right
19 & 20 Rock left to left side, replace weight on right, cross left in front of right
21 - 22 point right to right side, hitch right
23 & 24 cross right in front of left, step left small step left, cross right in front of left

Point Hold, Heel Hook, Shuffle, Coaster Step

- 25 - 26 point left to left side, hold
27 - 28 touch left heel forward, hook left across right knee
29 & 30 shuffle forward (lrl)
31 & 32 step back right close left step forward right

Step Pivot ¼, Rock Left and Cross, Side Close Cross, Step Back Hold

- 33 - 34 step forward left pivot ¼ right stepping forward onto right
35 & 36 rock left to left side and cross
37 & 38 Step Right to right side, step left next to right and cross right in front of left
&39 - 40 Jump back on left, touching right toe in front of left, HOLD
For style look up with arms stretched down and splayed out,

Hold for 2 Beats, Rock Forward and Touch Chasse ¼ Turn Right, Mambo Left

- 41 - 42 HOLD for 2 beats with weight remaining on left
43 & 44 Rock forward on right replace weight on left and touch right next to left
45 & 46 Step right to right side, close left next to right, step right to right side, turning ¼ to the right
47 & 48 Rock left to left side, replace weight on right, close left to right

SECTION B

Heel & Cross, & Cross, Step to Side, Heel & Cross, & Cross & Turn

- 1 & 2 touch right heel forward, jump back on right, cross left in front of right
& 3-4 little jump back on right, cross left in front of right, step right to right side
5 & 6 & Touch left heel forward, jump back on left, cross right in front of left, little jump back on left,
7 & 8 cross right across left, little jump back on left, step right to right side turning ¼ right

Point, Turn ¼ x 2, Rock Forward, Full Turn

- 9 - 10 Point left toe forward, pivot ¼ turn to right
11 - 12 Point left toe forward, pivot ¼ turn to right
13 - 14 Rock left forward replace
15 & 16 Shuffle Full Turn left on spot stepping (lrl)

SECTION C

Rock & Behind, Rock & Behind, Shuffle ¼, Rock & Cross

- 1 & 2 rock right to right side, replace weight on left, cross right behind left
3 & 4 rock left to left side, replace weight on right, cross left behind right
5 & 6 Step right to right, close left to right, turning ¼ to right step forward right
7 & 8 rock left to left side, replace weight on right, cross left in front of right

Side Touch, Kick Ball Touch, Walk Walk, Step ½ Turn

- 9 - 10 Step right to right side, touch left next to right
11 & 12 kick left, replace weight on left, touch right next to left
13 - 14 walk forward right, walk forward left
15 - 16 step forward right, pivot ½ turn