

Sunday Morning

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Count: 32

Wall: 4

Level: Intermediate / Advanced

Choreographer: Niels Poulsen (Denmark) June 10, 2009

Music: 'Easy Like Sunday Morning' by The Commodores. Night club 2 step (68 bpm)

Intro: 16 counts from first beat (app. 15 seconds into track). Start with weight on L

2 EASY tags: After wall 1, facing 9:00. After wall 3, facing 3:00. After wall 5, facing 9:00. See info below

(1 - 8) ½ R, full turn X 2, side, cross, basic R, ¼ R, ¼ R, cross rock

- 1** Turn ½ R on L stepping fw on R (1) 6:00
- 2&3** Turn ½ R stepping back on L (2), turn ½ R stepping fw on R (&), turn ½ R stepping back on L sweeping R to R side turning another ½ R on L foot (3) (Easier option: turn ¼, ¼, ½ thus turning 1 full turn rather than 2 full turns on counts 2&3) 6:00
- 4&5** Step down on R (4), cross L over R (&), step R a big step to R side (5) 6:00
- 6&7** Close L behind R (6), cross R over L (&), turn ¼ R stepping back on L (7) 9:00
- &8&** Turn ¼ R stepping R to R side (&), cross rock L over R (8), recover on R foot (&) 12:00

(9 - 16) ¼ sweep, jazz ¼ R, twinkle ½ turn L, cross rock side, cross rock ¼ L

- 1** Turn ¼ L stepping fw on L and sweeping R from back to front (1) 9:00
- 2&3** Cross R over L (2), turn ¼ R stepping back on L (&), step R to R side (3) 12:00
- 4&5** Step L diagonally fw towards 1:30 (4), turn 3/8 L stepping back on R (&), turn ¼ L stepping diagonally fw on L but facing 6:00 (5) 6:00
- 6&7** Cross rock R over L (6), recover back on L (&), step R to R side (7) 6:00
- &8&** Cross rock L over R (&), recover R (8), turn ¼ L stepping L fw (&) See OPTION below 3:00

(17 - 24) ½ L, ½ L, step ½ L, run run point, side R, cross L over R, side rock, weave

- 1** Turn ½ L stepping back on R sweeping L out to L side getting ready for next turn (1) 9:00
- 2&3** Turn ½ L on R stepping fw on L (2), step fw on R (&), turn ½ L stepping onto L (3) 9:00
- 4&5** Run R diagonally fw towards 7:30 (4), run L diagonally fw (&), point R foot fw and start sweeping R to R side (5) (Styling: when pointing R fw twist L heel to L side and twist upper body to R side) 7:30
- 6&** Square up to 9:00 stepping R to R side (6), cross L over R (&) 9:00

7&8& Rock R to R side (7), recover weight to L (&), cross R over L (8), step L to L side (&) 9:00

(25 - 32) R behind L, behind side fw, ½ R, full turn R, step turn step, rock R fw

1 Cross R slightly behind L sweeping L out to L side (1) 9:00

2&3 Cross L behind R (2), step R to R side (&), step fw on L (3) 9:00

4&5 Turn ½ R stepping onto R (4), turn ½ R stepping back on L (&), turn ½ R stepping fw on R (5) (Easier option: do a ½ shuffle turn R stepping R L R) 3:00

6&7 Step fw on L (6), turn ½ R stepping onto R (&), step fw on L (7) 9:00

8& Rock R fw (8), recover weight back to L (&) 9:00

Begin again!...

Tag 1 After wall 1 (facing 9:00) and after wall 3 (facing 3:00) there is a 4 count tag:

½ R, step turn step, rock fw R

1 - 2& Turn ½ R stepping fw on R (1), step fw on L fw (2), turn ½ R stepping onto R (&)

3 - 4& Step fw on L (3), rock R fw (4), recover weight back to L foot (&)

Tag 2 After wall 5 (facing 9:00) there's a 2 count tag:

Rock back on R, recover with prep

1 - 2 Rock back on R (1), recover weight to L twisting upper body to L prepping for turn (2) 9:00

OPTION On wall 1, 3, 6 and 8 the beats in the music will change on counts &8& during 2nd section. The counts for the quick beats are now &a8 meaning you do the cross rock ¼ L quicker: Cross rock L over R (&), recover R (a), turn ¼ L stepping L fw (8)

GOOD LUCK!