

SUNRISE

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Count: — Wall: — Level: —

Choreographer: Val Parry

Music: Sunrise by Simply Red

Sequence: A, B, B, C, A, B, B, C, C, C, B, B, C, B, C

SECTION A

POINT TOUCH, SHUFFLE, ROCK & CROSS, $\frac{1}{4}$ BACK SHUFFLE

- 1-2 Point right to right, touch right next to left
- 3&4 Right shuffle forward (right-left-right)
- 5&6 Rock left to left side replace weight on right and cross left in front of right
- 7&8 Right shuffle back turning $\frac{1}{4}$ left (right-left-right)

POINT TOUCH, SHUFFLE, ROCK AND CROSS, $\frac{1}{4}$ BACK SHUFFLE

- 9-10 Point left to left, touch left next to right
- 11&12 Left shuffle forward (left-right-left)
- 13&14 Rock right to right side replace weight on left and cross right in front of left
- 15&16 Left shuffle back turning $\frac{1}{4}$ right (left-right-left)

REPLACE WEIGHT, PIVOT $\frac{1}{2}$, ROCK AND CROSS, POINT HITCH, CROSS SHUFFLE

- &17-18 Replace weight on right, step forward left pivot $\frac{1}{2}$ 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 (left-right-left)
- 31&32 Step back right close left step forward right

STEP PIVOT $\frac{1}{4}$, ROCK LEFT AND CROSS, SIDE CLOSE CROSS, STEP BACK HOLD

- 33-34** Step forward left pivot $\frac{1}{4}$ 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 $\frac{1}{4}$ 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 $\frac{1}{4}$ 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
- &7&8** Little jump back on left, cross right across left, little jump back on left, step right to right side turning $\frac{1}{4}$ right

POINT, TURN $\frac{1}{4}$ TWICE, ROCK FORWARD, FULL TURN

- 9-10** Point left toe forward, pivot $\frac{1}{4}$ turn to right
- 11-12** Point left toe forward, pivot $\frac{1}{4}$ turn to right
- 13-14** Rock left forward replace
- 15&16** Shuffle full turn left on spot stepping (left-right-left)

SECTION C

ROCK & BEHIND, ROCK & BEHIND, SHUFFLE $\frac{1}{4}$, 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 $\frac{1}{4}$ 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