

Irish Sunrise

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Count: 48

Wall: 4

Level: Phrased Intermediate

Choreographer: Arne Stakkestad

Music: "Irish Sunrise" by George McAnthony

Info: start after 16 counts, on vocals BPM: 104

Sequence: AAAB(3h), AAAB(6h), AAB(12h)A

Part A

[1-8] Scuff, Hitch, Cross, L,R,L,R

1&2LF scuff beside, LF hitch & scoot forward RF, LF cross before RF (turn body right)

3&4RF scuff beside, RF hitch & scoot forward LF, RF cross before LF (turn body left)

5&6LF scuff beside, LF hitch & scoot forward RF, LF cross before RF (turn body right)

7&8RF scuff beside, RF hitch & scoot forward LF, RF cross before LF (turn body left)

Styling option: Hands on hips

[9-16] Hook Touch Hook, Step Back, ½ R Step Forw, Step Forw, Pivot ¼ L, Cross, Claps

1&2LF hook behind Rknee, LF touch backwards, LF hook behind Rknee

3&4LF step backwards, ½ right RF step forward (6h), LF step forward

5&6RF step forward, pivot ¼ left weight LF (3h), RF cross before LF

7&8 Hold & clap hands x 3, diagonally left down, a little up, up

Styling option: Hands on hips counts 1,2,3,4,5,6

[17-24] Side Mambo Cross, Paddle Turn L, Scuff Hitch Stomp

1&2LF rock left side, recover on RF, LF cross before RF

&3&4¼ left, RF touch right side(12h), ¼ left, RF touch right side (9h)

&5&6¼ left, RF touch right side (6h), ¼ left, RF touch right side (3h)

7&8RF scuff beside, RF hitch & scoot forward LF, RF stomp beside (weight)

Styling option: Hands on hips 1,2, hands up 3,4,5,6, hands sideways to hips 7,8

[25-32] Side Switches, Sailor $\frac{1}{2}$ R, Kick Ball Cross, Kick Ball Cross

1&2LF touch left side, LF step beside RF, RF touch right side

3&4RF cross behind LF, $\frac{1}{4}$ right LF step beside RF, $\frac{1}{4}$ right RF step forward (9h)

5&6LF kick forward, LF step beside RF, RF cross before LF

7&8LF kick forward, LF step beside RF, RF cross before LF

Styling option: Hands on hips

Part B

[1-8] Bend, Raise, Hook Forw, Kick Ball Hook, Kick Ball Hook

1-2bend knees, raise

3-4raise, RF hook before LKnee

5&6RF kick forward, RF step beside LF, LF hook before RKnee

7&8LF kick forward, LF step beside RF, RF hook before LKnee

Styling option: Hands down 1,raise hands sideways 2,3,4, hands up 5,6,7,8

[9-16] Bend, Raise, Hook Behind, Jump L Side, Tripple Stomp, Jump R Side, Tripple Stomp

1-2RF step forward & bend knees, raise

3-4raise, LF hook behind RKnee

5&6LF jump & stomp left side, RF stomp beside LF, LF stomp beside RF

7&8RF jump & stomp right side, LF stomp beside RF, RF stomp beside LF

Styling option: Hands down 1,raise hands sideways 2,3,4, hands up 5,6,7,8

Ending: after wall 9, unwind $\frac{3}{4}$ left and raise hands