

# Only on Sunday

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**Count:** 64      **Wall:** 4      **Level:** Improver

**Choreographer:** Audrey Watson (Scotland) March 2014

**Music:** Sunday by Kurt Darren (iTunes - 120 BPM)

## Intro after the 4 drum beats. (4 Seconds)

### S1: Side Rock, Cross Shuffle, Side Rock, Cross Rock.

- 1-2      Rock right to right side, recover weight on left.
- 3&4      Cross right over left, step left to left side, cross right over left.
- 5-6      Rock left to left side, recover weight on right.
- 7-8      Cross rock left over right, recover weight on right.

### S2: Side Rock, $\frac{1}{4}$ Sailor Step, Pivot $\frac{1}{2}$ Turn, Shuffle.

- 1-2      Rock left to left side, recover weight on right.
- 3&4      Turning  $\frac{1}{4}$  left step left behind right, step right to right side, step left to left side.
- 5-6      Step fwd on right, pivot  $\frac{1}{2}$  turn left.
- 7&8      Shuffle fwd on right, left, right.

### S3: Full Turn (or Walk Walk), Step & Twist, Fwd Rock, Fwd & Twist.

- 1-2      Turn  $\frac{1}{2}$  right stepping back on left, turn  $\frac{1}{2}$  right stepping fwd on right.
- 3&4      Step fwd on left, twist both heels out, in.
- 5-6      Rock fwd on right, recover back on left.
- 7&8      Rock fwd on right, twist both heels out, in.

## Restart the dance here during Wall 3

### S4: Fwd Rock, Back Lock Step, $\frac{1}{4}$ & Bump, $\frac{1}{4}$ & Bump.

- 1-2      Rock fwd on left, recover back on right.
- 3&4      Step back on left, cross right over left, step back on left.
- 5&6      Turn  $\frac{1}{4}$  right bumping hips right, left, right.
- 7&8      Turn  $\frac{1}{4}$  right bumping hips left, right, left.

### S5: Back Rock, Kick & Cross, Side Tog, Chasse $\frac{1}{4}$ Turn.

- 1-2** Rock back on right, recover fwd on left.
- 3&4** Kick right foot fwd, step down on ball of right, cross left over right.
- 5-6** Step right to right side, close left next right.
- 7&8** Step right to right side, close left next right, turn  $\frac{1}{4}$  right stepping fwd on right.

### **S6: Cross Unwind, Coaster Step, Skate Skate, Shuffle.**

- 1-2** Cross left over right, unwind  $\frac{1}{2}$  turn right.
- 3&4** Step back on right, step left next right, step fwd on right.
- 5-6** Skate fwd on left, skate fwd on right.
- 7&8** Shuffle fwd on left, right, left.

### **S7: Jazz Box Cross, Chasse, Back Rock.**

- 1-2** Cross right over left, step back on left.
- 3-4** Step right to right side, cross left over right.
- 5&6** Step right to right side, close left next right, step right to right side.
- 7-8** Rock back on left, recover fwd on right.

### **S8: Side Behind, Chasse $\frac{1}{4}$ Turn, Rocking Chair.**

- 1-2** Step left to left side, Cross right behind left.
- 3&4** Step left to left side, close right next left, turn  $\frac{1}{4}$  left stepping fwd on left.
- 5-6** Rock fwd on right, recover back on left.
- 7-8** Rock back on right, recover fwd on left.