

Sunday Morning ()

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Count: 32 **Wall:** 4 **Level:** Intermediate/Advanced

Choreographer: Niels Poulsen , DK (Jun 09)

Music: Easy Like Sunday Morning by The Commodores (CD: 68bpm)

Intro: 16 counts from first beat

(app. 15 seconds into track). Start with weight on L

½ R, Full Turn X2, Side, Cross, Basic

R, ¼ R, ¼ R, Cross Rock

1/2 , , , , 1/4 , 1/4 ,

1

Turn ½ R on L stepping fw on R (1) [

hour="18" minute="0">6:00

>]

180 (6)

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) [6:00]

180 , 180 , 180 180 (6)

Easier:

turn ¼, ¼, ½ thus turning 1 full turn rather than 2

full turns on counts 2&3) 2&3 □□□□□

4&5

Step down on R (4), cross L over R (&), step R a

big step to R side (5) [6:00] □□ , □□□□□□□□ , □□□□□ (□□ 6□□)

6&7

Close L behind R (6), cross R over L (&), turn ¼ R

stepping back on L (7) [9:00]

□□□□ , □□□□□□□□ , □□ 90□□□□□ (□□ 9□□)

&8&

Turn ¼ R stepping R to R side (&), cross rock L

over R (8), recover on R foot (&) [12:00]

□□ 90□□□□□ , □□□□□□□□□□ , □□□□ (□□ 12□□)

□□□

¼ Sweep, Jazz ¼ R, Twinkle ½ Turn L, Cross Rock Side, Cross Rock ¼ L 1/4□ , □□ 1/4□ , □□ 1/2□□ , □□□□□ , □□□□□ 1/4□

1

Turn ¼ L stepping fw on L and sweeping R from back to

front (1) [9:00] □□ 90□□□□□□□□□□ (□□ 9□□)

2&3

Cross R over L (2), turn ¼ R stepping back on L

(&), step R to R side (3) [12:00]

□□□□□□□□□□ , □□ 90□□□□□□ , □□□□ (□□ 12□□)

4&5

Step L diagonally fw towards 1:30 (4),

turn 3/8 L

stepping back on R (&), turn 1/4 L stepping diagonally fw on L but facing 6:00

(5) [6:00]

□□□□ (□□ 1:30), □□ 135□□□□ , □□ 90□□□□□□□□ 6□□

6&7

Cross rock R over L (6), recover back on L (&),

step R to R side (7) [6:00] □□□□□□□□ , □□□□ , □□□□ (□□ 6□□)

&8&

Cross rock L over R (&), recover R (8), turn 1/4 L

stepping L fw (&) See OPTION below [3:00]

□□□□□□□□ , □□□□ , □□ 90□□□□□□ ,

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 1/4 L quicker: Cross rock L over R (&), recover R (a), turn 1/4 L

stepping L fw (8)

□□□ , □ , □ , □□□□□□□□□□ , □□□□□□□□ , □□□□□□□□ &a8, □□□□□□□□□□

□□□

1/2 L, 1/2 L, Step 1/2 L, Run Run Point,

Side R, Cross L Over R, Side Rock, Weave

1/2□ , 1/2□ , □□ 1/2, □□□□ , □ , □□□□□□□□ , □□□□ , □□

1

Turn 1/2 L stepping back on R sweeping L out to L side

getting ready for next turn (1) [9:00]

□□ 180□□□□□□□□□□□□□□□□

2&3

Turn 1/2 L on R stepping fw on L (2), step fw on R

(&), turn 1/2 L stepping onto L (3) [9:00]

□□ 180□□□□□ , □□□□ , □□ 180□□□□ (□□ 9□□)

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)

□□□□□□ (□□ 7:30), □□□□ , □□□□□□□□

Styling:

when pointing R fw twist L heel to L side and twist

upper body to R side [7:30] □□□□□□□□□□□□□□□□ , □□□□□□ (□□ 7:30)

6&

Square up to 9:00 stepping R to R side

(6), cross L over R (&) [9:00] □□ 45□□□□□□ , □□□□□□□□ (□□ 9□□)

7&8&

Rock R to R side (7), recover weight to L (&),

cross R over L (8), step L to L side (&) [9:00]

□□□□□□ , □□□□ , □□□□□□□□□□□□□□□□ , □□□□ (□□ 9□□)

□□□

R Behind L, Behind Side

Fw, 1/2 R, Full Turn R, Step Turn

Step, Rock R Fw □□□□ , □□□□ , 1/2□□ , □□□□ , □□□□ , □□□□

1

Cross R slightly behind L sweeping L out to L side (1) [

hour="9" minute="0">9:00

>]

□□□□□□□□□□□□□□ (□□ 9□□)

2&3

Cross L behind R (2), step R to R side (&), step fw

on L (3) [9:00]

□□□□□□□□□□ , □□□□□□ , □□□□□□ (□□ 9□□)

4&5

Turn 1/2 R stepping onto R (4), turn 1/2 R stepping back on

L (&), turn 1/2 R stepping fw on R (5)

□□ 180□□□□□□ , □□ 180□□□□□□ , □□ 180□□□□□□

Easier:

do a 1/2 shuffle turn R stepping R L R [

hour="15" minute="0">3:00

>]

□□ 180□□□□□□ -□□ , □□ , □□ (□□ 3□□)

6&7

Step fw on L (6), turn 1/2 R stepping onto R (&),

step fw on L (7) [9:00] [] [] [] [] , [] [] 180 [] [] [] [] , [] [] [] [] ([] [] 9 [] [])

8&

Rock R fw (8), recover weight back to L (&) [

hour="9" minute="0">9:00

>]

[] [] [] [] , [] [] [] []

TAG 1: AFTER wall 1 (facing 9:00) and AFTER wall 3

(facing 3:00) there is a 4 count tag : [] [] [] [] 9 [] [] [] [] [] [] [] [] 3 [] [] [] [] 4 []

1/2 R,

Step Turn Step, Rock Fw R [] [] 1/2,

mso-font-kerning:0pt"> [] [] [] []

mso-font-kerning:0pt">, [] [] [] [] [] [] [] []

1-2&

Turn 1/2 R stepping fw on R (1), step fw on L fw (2),

turn 1/2 R stepping onto R (&) [] [] 180 [] [] [] [] , [] [] [] [] , [] [] 180 [] [] [] []

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:

[] [] [] [] [] [] [] [] 9 [] [] [] [] [] [] [] [] 2 []

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] □□□□□ , □□□□ (□□ 9□□)

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=10857