

Morning Sun & Memories

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Count: 36

Wall: 4

Level: Improver / Intermediate

Choreographer: Yvonne Anderson , Scotland - Oct 2014

Music: Morning Sun & Memories by Mike Denver, - iTunes

Notes: Start on Vocal, Tag at end of wall 2 (facing 6 o'clock) and wall 4 (facing 12 o'clock) Restart during wall 5 (facing 3 o'clock) following count 16 add & step L beside right, To finish facing forward adjust spiral turn stepping back

[1-8] SYNCOPATED CROSS ROCKS, ROLLING 1 AND 1/4 TURN LEFT, SHUFFLE FORWARD

1-2& Rock R across left, Recover weight on L, (&) Step R to right [12]

3-4& Rock L across right, Recover weight on R, (&) Make 1/4 turn left stepping L forward [9]

5-6 Make 1/2 turn left stepping R back, Make 1/2 turn left stepping L forward

(easier option counts 5-6 Walk forward R, L)

7&8 Shuffle forward stepping R, L, R [9]

[9-16] FRONT-SIDE-BEHIND, SWEEP, BEHIND-1/4 LEFT-STEP X 2 (FEELS CIRCULAR)

1&2& Step L across right, (&) Step R to side, Step L behind right, (&) Sweep R out and around [9]

3&4 Step R behind left, (&) Make 1/4 turn left stepping L to left, Step R forward [6]

5-8 Repeat counts 1-4 (above) now facing 3 o'clock

*****Restart, during wall 5 dance up to count 16 then add &Step L beside right, begin again*****

[17-24] SHUFFLE FORWARD, STEP-1/2 TURN-STEP, FULL TRIPLE TURN FORWARD, NIGHT CLUB BASIC RIGHT

1&2 Shuffle forward stepping L, R, L [3]

3&4 Step R forward, (&) Make 1/2 turn left taking weight on left, Step R forward [9]

5&6 Make a full turn right stepping L, R, L travels forward [9]

(easier option counts 5&6 shuffle forward stepping L,R,L)

7-8& Step R to right (long step), Rock L behind right, (&) Recover weight on R [9]

[25-32] STEP, SPIRAL TURN, BEHIND-SIDE-CROSS, HINGE TURN, ROCK BACK-RECOVER-SIDE, BEHIND-SIDE

1-2 Step ball of L to left and (sweeping right out and around) make a full turn left, Step R to right [9]

(easier option counts 1-2 Sway hips L, R weight ends on right)

3&4 Step L behind right, (&) Step R to side, Step L Across right [9]

&5 Make 1/4 turn left stepping R back, Make 1/4 turn left stepping L to side [3]

6&7 Rock R behind left, (&) Recover weight on L, Step R to side [3]

8& Step L behind right, Step R to side [3]

[33-36] CROSS SHUFFLE, SIDE ROCK-RECOVER-TOUCH

1&2 Step L across right, (&) Step R to side, Step L across right [3]

3&4 Rock R to right, (&) Recover weight on L, Touch R toes beside left [3]

Repeat

Tag: At the end of walls 2 & 4 (facing 6 & 12 respectively) add 4 hip sways

1-4 Step R to right and sway hips R,L, R, L (weight ends on left)

The Finish: the beat fades during counts 9-16, continue to dance through to counts 26 at usual tempo-

Then making a 1/4 turn left step L back and draw R to left (Tah Dah you are facing 12 and have time for a wee pose)

I hope you enjoy this most beautiful piece of music; it has been my pleasure to make this dance for you

Yvonne x