

SUNDAY MORNING HEART (EN)

Chalon Laurent – Belgium – March 2020

Type: 2 Walls – 32 Counts – 1 Tag – 1 Restart
Intro : 16 Counts
Level: Beginner
Music: Sunday Morning Heart by Jon Langston– <https://youtu.be/NXu4cmD-gzs>
Video: <https://www.youtube.com/watch?v=4L8WKXVDIOk>



Section 1 :		Cross, Side, Behind, Side Point, Cross, Side, Behind Side Cross	
1	Cross LF over RF		
2	RF step to the right		
3	Cross LF behind RF		
4	RF Point to the right side		
5	Cross RF over LF		
6	LF step to the left		
7&8	Cross RF behind LF, LF step to the left, cross RF over LF		
Section 2 :		Side Rock, Cross Shuffle, Side Rock, Cross, Side Point	
1-2	Side Rock LF to the left, recover on RF		
3&4	Cross LF over RF, RF step to the right, Cross LF over RF		
5-6	Side Rock RF to the right side, recover on LF		
7	Cross RF over LF		
8	Point LF to the Left*		
		* Restart here wall 4	
Section 3 :		Step Pivot ½ turn R, Shuffle Fwd, Rock Fwd ¼ turn R, Side Rock	
1-2	LF step forward, Pivot ½ turn to the right		06:00
3&4	LF Step forward, RF next to LF, LF step forward		
5-6	Rock forward RF, recover on LF with ¼ turn to the right		09:00
7-8	Side Rock RF to the right, recover on LF		
Section 4 :		Jazz Box, Rock Fwd, Coaster Step	
1-4	Cross RF over LF, LF Step back, RF step to the right, LF step forward		
5-6	Rock forward RF, recover on LF		
7&8	RF step back, LF next to RF, RF step forward		
TAG:		Rocking Chair	
		End wall 7	
1-2	Rock forward LF, Recover on RF		
3-4	Rock back LF, Recover on RF		

Bonne danse... 😊

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