

SUNDAY MORNING HEART (EN)

Chalon Laurent – Belgium – March 2020

Type: 4 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>
<https://youtu.be/MGDS0jpawBU>



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		
<i>End wall 7</i>		
1-2	Rock forward LF, Recover on RF	
3-4	Rock back LF, Recover on RF	

Bonne danse... ☺

country@webchalon.be - <http://countrylinedance.webchalon.be>