



Script approved by

Alan G. Birchall

Simply - Sunrise



INTERMEDIATE	STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
	Section 1	Touch, Hold, Step, Step, Point, 1/4 twist, 1/2 Turn, Squats.		
	1 - 2	Touch right to right side. Hold.	Touch Hold	On the spot
	& 3	Step right beside left. Step left to left side.	& Left	Left
	& 4	Step right beside left. Point left to left side.	& Point	
	5	Twist both heels right making 1/4 turn left (to face 9 o'clock).	Twist	Turning left
	6	Twist both heels left making 1/2 turn right (to face 3 o'clock).	Turn	Turning right
	7 - 8	With right foot forward, squat down. Stand up, weight remains on left.	Down. Up.	On the spot
	Section 2	Forward, Slide, Chasse 1/4 Turn, Step 1/2 Pivot, Full Turn and 1/4 Left.		
	1 - 2	Step right large step forward. Slide left in towards right.	Forward Slide	Forward
3 & 4	Step left to left side. Step right beside left. Step left 1/4 turn left.	Side Close Turn	Turning left	
5 - 6	Step forward on right. Pivot 1/2 turn left.	Step Pivot	Turning left	
7	Make 1/2 turn left stepping back onto right.	Turn	Forward	
&	Make 1/2 turn left stepping forward onto left.	&		
8	Make 1/4 turn left Stepping right big step to right side (facing 3 o'clock).	Side		
Section 3	Side Slide, Behind & Cross, Point, Cross, Point, Cross Unwind 1/2 Turn.			
1 - 2	Slide left behind right. Step onto left behind right.	Slide Behind	Right	
& 3 - 4	Step right to right side. Cross left over right. Point right to right side.	& Cross Point		
5 - 6	Cross right over left. Point left to left side.	Cross Point	Left	
7 - 8	Cross left over right. Unwind 1/2 turn right (weight ends on left)	Cross Unwind	Turning right	
Section 4	Step Back, Slide with Hook, Left Shuffle Forward, x 2.			
1 - 2	Step right large step back. Slide left to right and hook across right shin.	Back Slide	Back	
3 & 4	Step forward left. Close right beside left. Step forward left.	Left Shuffle	Forward	
5 - 6	Step right large step back. Slide left to right and hook across right shin.	Back Slide	Back	
7 & 8	Step forward left. Close right beside left. Step forward left.	Left Shuffle	Forward	
Note:-	As you hook on steps 2 and 6 you can bow and click fingers.			
Section 5	Side, Cross Behind, Sweep Right Behind, Side Left, Cross, Full Unwind.			
1 - 2	Step right to right side. Cross left behind right.	Step Behind	Right	
3 - 4	Sweep right out and behind left over two counts.	Sweep Behind	On the spot	
5 - 6	Step left to left side. Cross right over left.	Side Cross	Left	
7 - 8	Unwind full turn left with ronde and transfer weight to left.	Full Unwind	Turning left	
Section 6	Cross Rock, Heel Jack, & Cross, Side Switches, Heel Swivels.			
1 - 2	Cross rock right over left. Rock back onto left.	Cross Rock	On the spot	
& 3	Step back on right. Touch left heel forward	& Heel		
& 4	Step left beside right. Cross right over left.	& Cross	Left	
5 &	Touch left to left side. Step left beside right.	Left &	On the spot	
6 &	Touch right to right side. Step right beside left.	Right &		
7 & 8	Touch left to left side. Swivel heels Right. Swivel Heels Left.	Left Swivel Swivel		

4 Wall Line Dance:- 48 Counts. Intermediate.

Choreographed by:- Alan Birchall (UK) April 2003.

Choreographed to:- 'Sunrise' by Simply Red (106 bpm) from Home CD or available on Single (16 count intro, start on lyrics).

Music Suggestion:- 'She's Everything You Want' (106 bpm) by Billy Gilman from Dare To Dream CD (16 count intro).