

# Sunday Morning

Choreographer: Niels Poulsen (Denmark)

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Type of dance: 32 counts. 4 walls. Night club 2 step (68 bpm)

Level: Int/adv

Music: 'Easy Like Sunday Morning' by *The Commodores*. Download from iTunes

Intro: 16 counts from first beat (app. 15 seconds into track). Start with weight on L

2 EASY tags: After wall 1, facing 9:00. After wall 3, facing 3:00. After wall 5, facing 9:00. See info below

Counts	Footwork	End facing
<b>1 – 8</b>	<b>½ R, full turn X 2, side, cross, basic R, ¼ R, ¼ R, cross rock</b>	
1	Turn ½ R on L stepping fw on R (1)	6:00
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) ( <i>Easier option: turn ¼, ¼, ½ thus turning 1 full turn rather than 2 full turns on counts 2&amp;3</i> )	6:00
4&5	Step down on R (4), cross L over R (&), step R a big step to R side (5)	6:00
6&7	Close L behind R (6), cross R over L (&), turn ¼ R stepping back on L (7)	9:00
&8&	Turn ¼ R stepping R to R side (&), cross rock L over R (8), recover on R foot (&)	12:00
<b>9 – 16</b>	<b>¼ sweep, jazz ¼ R, twinkle ½ turn L, cross rock side, cross rock ¼ L</b>	
1	Turn ¼ L stepping fw on L and sweeping R from back to front (1)	9:00
2&3	Cross R over L (2), turn ¼ R stepping back on L (&), step R to R side (3)	12:00
4&5	Step L diagonally fw towards 1:30 (4), turn 3/8 L stepping back on R (&), turn ¼ L stepping diagonally fw on L but facing 6:00 (5)	6:00
6&7	Cross rock R over L (6), recover back on L (&), step R to R side (7)	6:00
&8&	Cross rock L over R (&), recover R (8), turn ¼ L stepping L fw (&) <i>See OPTION below</i>	3:00
<b>17 – 24</b>	<b>½ L, ½ L, step ½ L, run run point, side R, cross L over R, side rock, weave</b>	
1	Turn ½ L stepping back on R sweeping L out to L side getting ready for next turn (1)	9:00
2&3	Turn ½ L on R stepping fw on L (2), step fw on R (&), turn ½ L stepping onto L (3)	9:00
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) ( <i>Styling: when pointing R fw twist L heel to L side and twist upper body to R side</i> )	7:30
6&	Square up to 9:00 stepping R to R side (6), cross L over R (&)	9:00
7&8&	Rock R to R side (7), recover weight to L (&), cross R over L (8), step L to L side (&)	9:00
<b>25 – 32</b>	<b>R behind L, behind side fw, ½ R, full turn R, step turn step, rock R fw</b>	
1	Cross R slightly behind L sweeping L out to L side (1)	9:00
2&3	Cross L behind R (2), step R to R side (&), step fw on L (3)	9:00
4&5	Turn ½ R stepping onto R (4), turn ½ R stepping back on L (&), turn ½ R stepping fw on R (5) ( <i>Easier option: do a ½ shuffle turn R stepping R L R</i> )	3:00
6&7	Step fw on L (6), turn ½ R stepping onto R (&), step fw on L (7)	9:00
8&	Rock R fw (8), recover weight back to L (&)	9:00
<b><i>Begin again!...</i></b>		
<b>Tag 1</b>	<i>After wall 1 (facing 9:00) and after wall 3 (facing 3:00) there is a 4 count tag:</i>	
	<b>½ R, step turn step, rock fw R</b>	
1 – 2&	Turn ½ R stepping fw on R (1), step fw on L fw (2), turn ½ R stepping onto R (&)	
3 – 4&	Step fw on L (3), rock R fw (4), recover weight back to L foot (&)	
<b>Tag 2</b>	<i>After wall 5 (facing 9:00) there's a 2 count tag:</i>	
	<b>Rock back on R, recover with prep</b>	
1 – 2	Rock back on R (1), recover weight to L twisting upper body to L prepping for turn (2)	9:00
OPTION	On wall 1, 3, 6 and 8 the beats in the music will change on counts &8& during 2 <sup>nd</sup> section. The counts for the quick beats are now &a8 meaning you do the cross rock ¼ L quicker: <i>Cross rock L over R (&amp;), recover R (a), turn ¼ L stepping L fw (8)</i>	GOOD LUCK!