Sun Up, Sun Down

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1	**SIDE, TOUCH, SIDE, TOUCH, SIDE, STEP, BACK, BACK ROCK, HEEL, STEP, STEP, TOUCH, SIDE, FLICK**
1&2&	Step R to R side, touch L next to R, step L to L side, touch R next to L
3&4	Step R to R side, step L next to R, step back on R
5&6	Rock back on L, recover weight on R, touch L heel forward
&7&	Step L next to R, step forward on R, touch L next to R
8&	Step L to L side, flick R behind L

Restart	Here on Wall 3

SEC 2	**SIDE, TOUCH, SIDE, TOUCH, CHASSE, CROSS ROCK, SIDE ROCK, CROSS & HEEL, STEP**
1&2&	Step R to R side, touch L next to R, step L to L side, touch R next to L
3&4	Step R to R side, step L next to R, step R to R side
5&	Cross rock L over R, recover weight on R
6&	Rock L out to L side, recover weight on R
7&8&	Cross step L over R, step back on R, touch L heel forward, step L next to R

SEC 3	**CROSS SHUFFLE, SIDE ROCK, RECOVER ¼, STEP, ROCKING CHAIR, SHUFFLE ½, SWEEP**
1&2	Cross step R over L, step L to L side, cross step R over L
3&4	Rock L out to L side, recover weight on R making ¼ turn R, step forward on L (3:00)
5&6&	Rock forward on R, recover weight on L, rock back on R, recover weight on L
7&8&	Turn ¼ L step R to R side, step L next to R, turn ¼ L step back on R, sweep L around from front to back (9:00)

SEC 4	**MAMBO BACK, ROCKING CHAIR, SIDE ROCK, RECOVER, CROSS & HEEL, STEP, STEP**
1&2	Rock back on L, recover weight on R, step forward on L
3&4&	Rock forward on R, recover weight on L, rock back on R, recover weight on L
5&	Rock R out to R side, recover weight on L
6&7	Cross step R over L, step back on L, touch R heel forward
&8	Step R next to L, step L next to R

Ending	At the end of last wall, step forward on R and make ¼ turn L

Last Updated: 6/8/2023 14:09:53