No Sun on Sunday!

Count: 32 **Wall:** 2 **Level:** High Intermediate NC
Choreographer: Niels Poulsen (DK): August 2017
Music: Sun on Sunday by James Blunt. Track length: 3.18. Buy on iTunes, etc.

Intro: 8 counts (app. 9 secs. into track). Start with weight on L foot

Tag: During wall 2, after 26 counts, facing 12:00. See Tag description at bottom of page
****3 Restarts: -**
(1) on wall 4, after 26 counts, facing 12:00.
(2) on wall 5, after 18 counts, facing 6:00
(3) On wall 6, after 26 counts, facing 12:00.

NOTE: During the 3 choruses (walls 2, 4 and 6) the music slows down from counts 23-26. Don't change your steps. Follow the slowing down of the music
Phrasing: Intro, 32, 26, 8, 32, 26, 18, 26, Ending

[1 - 9] Lunge R, run around ½ L, cross rock, hitch, behind side 1/8 L, R rock, ½ R, full spiral R

1	Lunge R to R side (1) 12:00
2&3	Recover onto L with ¼ L (2), turn 1/8 L stepping R fwd (&), turn 1/8 L stepping L fwd hitching R knee (3) Styling for count 3 during the 3 choruses: go up on the tip of your L toes 6:00
4 - 5	Cross rock R over L (4), recover onto L sweeping R to R side (5) Styling for count 4 during each of the 3 choruses: bend in both knees collapsing forwards in upper body to match the lyrics 'crumbling inside' 6:00
6&7	Cross R behind L (6), turn body 1/8 L stepping L to L side (&), Rock R fwd (7) 4:30
8&1	Recover on L (8), turn ½ R stepping R fwd (&), step L fwd and spiral a full turn R on L (1) 10:30

[10 - 17] Run run rock R fwd, back back rock L back, recover R fwd, reverse 3/8 L sweep, weave

2&3	Step R fwd (2), step L fwd (&), rock R fwd (3) 10:30
4&5	Recover back on L (4), run back on R (&), rock back on L opening body slightly up to L (5) 10:30
6 - 7	Recover fwd onto R prepping body slightly R (6), turn 3/8 L stepping L fwd sweeping R fwd at the same time (7) 6:00
8&1	Cross R over L (8), step L to L side (&), cross R behind L sweeping L out to L side (1) 6:00

[18 - 24] Behind turn step, step turn turn sweep, L back mambo, step ¼ L

2&3	Cross L behind R * (2), turn ¼ R stepping R fwd (&), step L fwd (3) - 9:00

*** Note: Restart on wall 5 after count 2 in this section, facing 6:00**

4&5	Step R fwd (4), turn ½ L stepping fwd onto L (&), turn ½ L stepping back on R sweeping L out to L side (5) 9:00
6&7	Rock back on L (6), recover fwd to R (&), step L fwd (7) 9:00
8&	Step R fwd (8), turn ¼ L onto L (&) 6:00

[25 - 32] R cross rock, ball cross rock recover, ball cross, side L, R back rock, side R, behind

1 - 2	Cross rock R over L (1), recover onto L (2) 6:00

*** Note: Restart here on wall 4, facing 12:00**

&3 - 4	Step R to R side (&), cross rock L over R (3), recover back on R (4) 6:00

&5 - 6	Step L to L side (&), cross R over L (5), step L to L side (6) 6:00
7&	Rock back on R (7), recover fwd onto L (&) 6:00
8&	Step R to R side (8), cross L behind R (&) 6:00

Start Again!

Ending: Start wall 7, facing 12:00. Finish the dance facing 10:30 with the L back rock on count 13 12:00

TAG: During wall 2, after 26 counts, facing 12:00:
Lunge R, 1 ¼ roll L with sweep, R jazz box ¼ R, L cross rock side, R cross rock

1	Lunge R to R side (1) 12:00
2&3	Recover to L turning ¼ L (2), turn ½ L stepping back on R (&), turn ½ L stepping L fwd sweeping R fwd (3) 9:00
4&5	Cross R over L (4), step back on L (&), turn ¼ R stepping R to R side (5) 12:00
6&7	Cross rock L over R (6), recover back on R (&), step L to L side (7) 12:00
8&	Cross rock R over L (8), recover back on L (&) … Then start the dance from the top again 12:00

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