

No Sun on Sunday!

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August 2017



Type of dance: 32 counts, 2 walls, High intermediate, nightclub line dance
 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
 1 tag: During wall 2, after 26 counts, facing 12:00. See tag description at bottom of page
 2 Restarts: 1) on wall 4, after 26 counts, facing 12:00. 2) on wall 5, after 18 counts, facing 6:00
 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

| Counts | Footwork | End facing |
|---------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| 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) <i>Styling for count 3 during the 3 choruses: go up on the tip of your L toes</i> | 6:00 |
| 4 – 5 | Cross rock R over L (4), recover onto L sweeping R to R side (5) <i>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'</i> | 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) - * Note: Restart on wall 5 after count 2 in this section, facing 6:00 | 9:00 |
| 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) * Note: Restart here on wall 4, facing 12:00 | 6:00 |
| &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 (&) ... <i>Then start the dance from the top again</i> | 12:00 |