



Up With The Sunrise



Choreographed by **Hayley Wheatley (UK) February 2016**

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Description: 64 Counts, 2 wall, Easy Intermediate level line dance

Music: "I'm On It" Nashville Cast Feat. Chris Carmack Approx 2.40 mins

Count In: 32 counts. Start on Vocals

One Restart on Wall 5 after Count 32

Please note: following the restart, the dance will then be performed facing walls 3:00 and 9:00

S1: SIDE STEP, TOUCH, SWAY, SWAY, BEHIND, ¼ TURN, STEP, HOLD		
1-2	Step RF to R side, Touch L toe beside RF	12:00
3-4	Step LF to L while swaying hips L, Recover onto RF while swaying hips R	12:00
5-6	Step LF behind R, Make ¼ turn R while stepping fwd on RF	3:00
7-8	Step fwd on LF, Hold	3:00
S2: ROCK FORWARD, RECOVER, STEP BACK, SWEEP, STEP BACK, SWEEP, STEP BACK, RONDE SWEEP		
1-2	Rock fwd of RF, Recover on L	3:00
3-4	Step back on RF, Sweep LF around from front to back	3:00
5-6	Step back on LF, Sweep RF around from front to back	3:00
7-8	Step back on RF, Make a big semi-circle sweep with the LF sweeping behind R	3:00
S3: BEHIND, SIDE, CROSS, HOLD, SIDE STEP, TOUCH X2		
1-2	Step LF behind R, Step RF to R side	3:00
3-4	Cross LF over R, Hold	3:00
5-6	Step RF to R side, Touch LF next to R	3:00
7-8	Step LF to L side, Touch RF next to L	3:00
S4: SIDE ROCK, RECOVER, CROSS, HOLD, ¼ TURN, ¼ TURN, CROSS, HOLD		
1-2	Rock RF to R side, Recover onto L	3:00
3-4	Cross RF over L, Hold	3:00
5-6	Step back onto LF making ¼ turn R, Step RF to R making ¼ R	9:00
7-8	Cross LF over R, Hold RESTART HERE DURING WALL 5	9:00
S5: STEP SIDE, TOGETHER, HOLD, BACK, SHUFFLE ¼ TURN, HOLD		
1-2	Step RF to R side, Close LF beside R	9:00
3-4	Step back onto RF, Hold	9:00
5-6	Making ¼ turn L step forward on LF, Step RF beside L	6:00
7-8	Step fwd on LF, Hold	6:00
S6: SIDE ROCK, RECOVER, STEP FORWARD, HOLD, SIDE ROCK, RECOVER, STEP FORWARD, HOLD		
1-2	Rock RF to R, Recover onto LF	6:00
3-4	Step fwd on RF, Hold	6:00

5-6	Rock LF to L, Recover onto RF	6:00
7-8	Step fwd onto LF, Hold	6:00
S7: FORWARD ROCK, RECOVER, STEP BACK, HOLD, LOCK ½ TURN, HOLD		
1-2	Rock fwd on RF, Recover onto L	6:00
3-4	Step RF back, Hold	6:00
5-6	Making ½ turn L step fwd on LF, Lock RF behind L	12:00
7-8	Step fwd on LF, Hold	12:00
S8: CHASE ½ TURN, HOLD, LEFT LOCK FORWARD, HOLD		
1-2	Step fwd on RF, Pivot ½ turn L	6:00
3-4	Step fwd on RF, Hold	12:00
5-6	Step fwd on LF, Lock RF behind L	12:00
7-8	Step fwd on LF, Hold	12:00