

Sunday Morning



Level: Easy Intermediate

Artist: Matoma feat. Josie Dunne – One in A Million

Choreo: Andrew Perry, CCI-Dickinson NY 518-529-6157

Speed: Normal

Length: 3:07

Sequence: A B C D A B C D C D C

Intro: Wait 16 beats; Left Foot Lead

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Quick Cues

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Part A (32 beats)

4 Turkey
8 2 Step Cha Cha
2 Basketball Turn (1/2 L)
2 Basic
16 REPEAT

Part C (32 beats)

4 Lunge Kick
4 Rock Out Basic
4 Karate (1/2 L)
4 Fancy Double
16 REPEAT

Part B (32 beats)

8 2 Rock Pull Flare
4 Chain (FWD) [Raise the roof arms]
4 Stomp Double (1/2 R)
16 REPEAT

Part D (24 beats)

4 Stop Time Bomb
4 Half Rock Slur
4 Triple (1/2 R)
12 REPEAT

Part C (32 beats)

4 Lunge Kick
4 Rock Out Basic
4 Karate (1/2 L)
4 Fancy Double
16 REPEAT

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16 REPEAT



Step Definitions - Sunday Morning

TURKEY: (CAN BE (P) INSTEAD OF DR AT START)

LIFT/DR H-FL (OTS) S (XIB) DS RS
L /R L L R L RL
& 1 & 2 &3 &4

STEP CHA CHA:

(P) S (XIF & BEND KNEE) (P) S (BK) (P) S RS
L R L RL
& 1 & 2 & 3 &4

BASIC:

DS RS
L RL
&1 &2

BASKETBALL TURN:

(P) S (FWD) PVT (1/2 R) S
L L R
& 1 & 2

CHAIN: (Raise the roof arms)

DS RS RS RS (MOVE FWD)
L RL RL RL
&1 &2 &3 &4

ROCK PULL FLARE:

RS (DIAG) PULL-S (BS) DT (FLR) SL RS
LR L L R L RL
&1 & 2 & 3 &4

STOMP DOUBLE:

(P) STO DS DS RS (CAN BE DR INSTEAD OF (P) AT START)
L R L RL
& 1 &2 &3 &4

LUNGE KICK: (In this dance K is OTS)

DS (XIF) (P) K/S (P) S RS
L L/R L RL
&1 & 2 & 3 &4

ROCK OUT BASIC:

R (OTS) S R (BK) S DS RS
R L R L R LR
& 1 & 2 &3 &4

KARATE:

DS-PVT (1/2 L) /K H (P) S K H
L L /R L R L R
&1 & 2 & 3 &4

FANCY DOUBLE:

DS DS RS RS
L R LR LR
&1 &2 &3 &4

TRIPLE:

DS DS DS RS
R L R LR
&1 &2 &3 &4

STOP TIME BOMB:

(P) S (P) STO (XIF) RS STO (XIF) RS STO DS DS RS
L R LR L RL R L R LR
& 1 & 2 &3 & 4& 5 &6 &7 &8

HALF ROCK SLUR:

DS (OTS) SLR-S (XIB) R S (OTS) SLR-S (XIB)
L R R L R L L
&1 & 2 & 3 & 4