

CHASE THE SUN (2003)

Choreographer: Yvonne Anderson, Revised May 2003, Scotland

Description: 2 wall 48 count, High Intermediate, line dance
Music: Chase The Sun, by Shannon Lawson, BPM 126, Album: Chase The Sun. Free (let It Be) UK Radio Edit, by Stuart, BPM 126, CD Single: Free (let It Be)
Notes: Start on Vocal. The CD single Free (Let It Be) has 4 mixes (each has a variation in tempo and length) the dance will work to any of the mixes. Please note this dance was originally written specifically for the Shannon Lawson track, but, following numerous requests for a non-country alternate I decided to revise the dance to accommodate a pop track.

- 1-8 R HEEL-TOE SWIVELS with 1/4 TURN R, FORWARD R SHUFFLE, STEP 1/2 TURN R**
1&2 Swivel R heel to R, & Swivel R toe to R, Swivel R heel to R (gradually leaning shoulders R)
3&4 Swivel R heel to L, & Swivel R toe to L and bring shoulders to centre, Making 1/4 turn R hitch R foot across L shin (3 o'clock)
5&6 Shuffle forward on R,L,R
7-8 Step L forward, Make 1/2 turn R taking weight on R (9 o'clock)
- 9-16 FORWARD L SHUFFLE, SYNCOPATED CROSS ROCKS R & L, STEP 1/4 TURN L**
1&2 Shuffle forward stepping L,R,L
3-4& Rock R across L, Recover weight on L, & Step R to R
5-6& Rock L across R, Recover weight on R, & Step L to L
7-8 Step R Forward, Make 1/4 turn L taking weight on L (6 o'clock)
- 17-24 R KICK-BALL-STEP X 2 travelling forward, TOE SWITCHES with 1/4 TURN R**
1&2 Kick R forward, & Step R beside L, Step L forward
3&4 Kick R forward, & Step R beside L, Step L forward
5&6& Point R toes to R, & Step R beside L, Touch L toes to L, & Step L beside R
7&8 Making 1/4 turn R touch R toes forward, & Step R beside L, Touch L toes forward (9 o'clock)
- 25-32 & STEP. HOLD with CLAP, & STEP BACK, 1/2 TURN R with HITCH, FORWARD R SHUFFLE, SIDE ROCK-RECOVER**
&1-2 & Step L beside R, Step R forward, Hold and clap hands
&3-4 & Step R beside L, Step L back, Make 1/2 turn R on ball of L and hitch R across L shin (3 o'clock)
5&6 Shuffle forward on R,L,R
7-8 Rock L to L, Recover weight on R
- 43-40 BEHIND-SIDE-FRONT, SIDE ROCK-RECOVER, BEHIND-SIDE-FRONT, & STEP, 3/4 TURN R with HITCH**
1&2 Step L behind R, & Step R to R, Step L across R
3-4 Rock R to R, Recover weight on L
5&6 Step R behind L, & Step L to L, Step R across L
&7-8 & Step L to L (feels like a small hop), On ball of L begin to make a 3/4 turn R, Continue to turn and hitch R across L shin (12 o'clock)
- 41-48 FORWARD R SHUFFLE, HIP BUMPS with 1/4 TURN R, SIDE SHUFFLE, HIP BUMPS with 1/4 TURN R, HEEL RAISE**
1&2 Shuffle forward on R,L,R
3&4 Step L to L and bump hips L, & Bump hips R, Making 1/4 turn R bump L hip back (weight ends on L, facing 3 o'clock)
5&6 Step R to R, & Step L beside R, Step R to R
7&8 Making 1/4 turn R step L to L and bump hips L, & Bump hips R, Draw R towards L and raise R heel (weight ends on L, facing 6 o'clock)

Repeat