

Sunshine On A Rainy Day

Count: 32

Wand: 4

Ebene:

Choreograf/in: Anita Ludlow (UK)

Musik: Sunshine On a Rainy Day - Emma Bunton



TAPS, & CROSS, CLICK, UNWIND

- 1&2 Tap right toe forward, tap right toe again but just a little further toward right diagonal, step onto right foot, again a little further toward right diagonal
- 3-4 Step slightly forward onto left, toe touching down first, step slightly forward onto right, toe touching down first (hips follow, leaning into each move, feet are slightly apart and you should travel forward a little)
- &5 Step left in to the center, cross right over left
- 6 Click fingers either side of head
- 7-8 Unwind a full turn to the left over 2 counts

STEP SLIDE, ROTATE HIPS, SWITCH HEELS & STEP KICK

- 1-2 Big step back on right, drag left up to meet right (weight now on both feet)
- 3-4 Rotate hips to the left over 2 counts
- 5&6& Switch heels by digging right heel forward, bring right foot back to place, dig left heel forward, bring left foot back to place
- 7-8 Step forward on right, kick left foot forward

& STRAIGHT LEG ROCK TWICE, STEP, STEP, APPLEJACKS OR HEEL CLICKS

- &1-2 Step onto left, rock right across left (keeping right leg straight), recover weight onto left
- &3-4 Step right in place, rock left across right (keeping left leg straight), recover weight onto right
- 5-6 Step left in place, step right next to left
- &7&8 Perform either applejacks/swizzles/or just click heels

¼ MONTEREY TURN, SWITCH SIDE POINTS, BODY ROLL OR HOLD, ARM MOVEMENTS

- 1-2 Touch right toe to right side turning ¼ turn to right by swiveling on toe of left, step right next to left
- 3&4 Touch left toe to left side, step left in place, touch right toe to right side
- &5-6 Step right in place, step left slightly to left side
- Allow body to follow the movement left over count 5 and also count 6 (count 6 can alternatively just be held)**
- 7&8 Make fists and take right hand to left shoulder and left hand to right shoulder simultaneously
- & Take right hand to right shoulder and left hand to left shoulder simultaneously
- 8 Take both hands down to side

REPEAT