

Life In Sunshine

Compte: 48

Mur: 2

Niveau: Improver

Chorégraphe: Flat Guo (CN) - March 2017

Musique: Hei Ya Zi - Life in sunshine - Time: 4'25"



Intro : 30 counts

Restarts : 1 Restart occurring after count 30 on rotation 4

Tag : 15 counts

Dance sequence : AA Tag A A30 AA Tag AAA Tag AA30 end

[1-6] L Cross R Point , R Cross L Point

1-2-3 (1) cross L over R (2) point R to right side (3) hold (1:30)

4-5-6 (4) cross R behind L (5) point L to left side (6) hold (1:30)

[7-12] L Fwd R Sweep , R Twinkle

1-2-3 (1) step left forward to sweep R (2-3) continue sweeping (12:00)

4-5-6 (4) cross R over L (5) step L to L (6) recover weight on to R (1:30)

[13-18] L Twinkle , R Cross L Back R Cross

1-2-3 (1) cross L over R (2) step R to R (3) R over weight on to L (10:30)

4-5-6 (4) cross R over L (5) step L back (6) cross R over L (10:30)

[19-24] Side , Drag , 1/4 Turn Fwd , Pivot 1/2 Turn

1-2-3 (1) step L to L (2-3) Drag R next to L for 2 counts (9:00)

4-5-6 (4) turn 1/4 R stepping fwd on R (5) step L fwd (12:00) (6) pivot 1/2 turn R taking weight on to R (6:00)

[25-30] L Fwd , R Kick , R Back , L Toe Back Point

1-2-3 (1) step fwd on L (2-3) kick R fwd for 2 counts (6:00)

4-5-6 (4) step R back (5) point L back (6) hold (6:00)

[31-36] Full Turn , Slide Drag

1-2-3 (1) make 1/2 turn L stepping fwd on L (6:00) (2) make 1/2 turn L stepping back on R (12:00) (3) make 3/4 turn L stepping fwd on L (9:00)

4-5-6 (4) slide right to right side (5-6) drag L next to R (9:00)

[37-42] L Twinkle , R Twinkle 1/2 Turn R

1-2-3 (1) cross L over R (2) stop R to R (3) recover weight onto L (9:00)

4-5-6 (4) make 1/2 turn R stepping fwd on R (5) step L to left side (6) recover weight onto R (3:00)

[43-48] L Twinkle , R Spiral Turn Clockwise L (6:00)

1-2-3 (1) cross L over R (2) step R to R (3) recover L (3:00)

4-5-6 R full turn 1¼ clockwise (6:00) (4) step R fwd 1/4 turn R (5) make 1/2 turn R stepping back on L (6) make 1/2 turn R stepping fwd on R

Tag

[1-6] L Cross R Point , R Cross L Point

1-2-3 (1) cross L over R (2) point R to right side (3) hold (1:30)

4-5-6 (4) cross R behind L (5) point L to left side (6) hold (1:30)

[7-9] L Fwd R Sweep , R Twinkle(7) step left forward to sweep R (8-9) continue sweeping (12:00)

[10-12] R Weave 10) cross R on L 11) stop L to left side 12) cross R toe behind (but touch R behind L)
(12:00)

[13-15] Turn Fwd Pivot Turn 13) make 1/2 turn R stepping forward R (6:00) 14) step L forward 15)
pivot 1/2 turn R (recover weight R) (12:00)

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