Pockets Full of Sunshine

Niveau: Improver

Chorégraphe: Frederick Fung (CAN) - May 2017

Compte: 32

Musical Introduction: 16 Counts

Musique: Pocketful of Sunshine - Natasha Bedingfield

Step RF to side, close LF next to RF (&), step RF to side 1&2 3, 4 LF Rock back, RF Recover 5&6 Step LF to side, close RF next to LF (&), step LF to side 7,8 RF Rock back, LF Recover Section 2: RF Toe Heel Cross, LF Step fwd, RF Charleston fwd & back, LF Charleston back & fwd RF Toe, Heel, Step slightly cross forward LF step forward in front of RF Sweep R toe forward, sweep RF back Sweep L toe backward, sweep LF forward Section 3: RF Step R, R Hip Ball Change, 1/4 turn L, Step LF side, RF hitch above ankle, Chasse R Step RF to R with slight knee bent Swing right hip to right to straighten RF up Close LF next to RF, Press LF ball hard to make 1/4 turn to left RF step forward (with RF pointing 12:00 and head facing 9:00) Make 1/4 turn to right, LF steps side to left(facing 12:00) RF hitch above LF lower calf 7&8 Step RF to side, close LF next to RF, step RF to side Section 4: DLF Step down, RF Jive kick cross, RF Step down, LF Toe point cross, 1/4 turn L, LF Jive walk, 1/4 turn L, RF Jive walk, 1/4 turn L, LF Step lock step 1, 2 LF step down in place, RF kicks towards 11:00 RF step down in place, LF toe point towards 1:00

Section 1: Chasse R, LF Rock back, RF Recover, Chasse L, RF Rock back, LF Recover (12:00)

- 3.4 5 Make 1/4 turn L, LF Jive walk forward (RF hitch above lower calf) 6 Make 1/4 turn L, RF Jive walk forward (LF hitch above ankle)
- 7&8 Make 1/4 turn L, step LF forward, lock RF behind LF, step LF forward

REPEAT

1-3

5-6

7-8

1

2

3

&

4

5

6

4

TAG – At the end of Wall #6 facing 6:00, add the following 4 counts for LF and RF:

Twist left (1), Twist right (2), Twist left (3), Twist right (4) or 1 - 4

Disco R(1-2) and Disco L(3-4)

ENDING on WALL #10 after dancing up to 20 counts.

ENJOY THIS LINE DANCE UNTIL YOUR HEART AND SOUL ARE TOUCHED BY "POCKETS FULL OF SUNSHINE"!

For Song & Step Sheet, please contact: Passionff0118@gmail.com Last Update – May 6, 2017





Mur: 4