

Sunshine Prescription

COPPER KNOB
BY STEPHENETS

Compte: 32

Mur: 4

Niveau: Beginner

Chorégraphe: Ivan Rundgren (SWE) - July 2023

Musique: Sunshine Prescription - Aden Foyer



INTRO: 32 C TAGS AND RESTARTS....NOPE!

SEC 1. TOE STRUT FWD R – L – R – L (OPTION TOE STRUT WITH KNEE ROLLS)

- 1 2 Step R toe fwd (1) drop R heel (2)
- 3 4 Step L toe fwd (3) drop L heel (4)
- 5 6 Step R toe fwd (5) drop R heel (5)
- 7 8 Step L toe fwd (7) drop L heel (7)

SEC 2. POINT FWD – POINT SIDE – COASTER STEP – HOLD

- 1 2 Point fwd R toe (1) hold (2)
- 3 4 Point R toe to R side (3) hold (4)
- 5 6 Step back on R (5) step L next to R (6)
- 7 8 Step fwd R (7) hold (8)

SEC 3. HEEL TOUCH – HITCH – HEEL TOUCH – HITCH – BEHIND – SIDE – CROSS – HOLD

- 1 2 Point L heel diagonal fwd (1) hitch L (2)
- 3 4 Point L heel diagonal fwd (3) hitch L (4)
- 5 6 Step L behind R (5) step R to R side (6)
- 7 8 Cross L over R (7) hold (8)

SEC 4. POINT – HITCH – STEP – HOLD – 1/4 TURN L – HOLD – 1/2 TURN L – STEP

- 1 2 Point R to R side (1) hitch R (2)
- 3 4 Step R to R (3) hold (4)
- 5 6 1/4 turn L stepping L to L side (5) hold (6) clap on hold count if you like it
- 7 8 1/2 turn L stepping R to R side (7) step L next to R (8)

Ending: To end dance facing front wall, please change last 2 count to following:

- 7 8 1/4 turn L stepping fwd R (7) Pivot 1/2 turn L (8)

Start over again!

I hope you will use your own styling and have fun!

Happy dancing, hugs from Sweden:)

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