

Band Of Sunshine

Compte: 64

Mur: 4

Niveau: Intermediate

Chorégraphe: Helen D'Aguiar (UK)

Musique: That's the Way I Like It - KC and the Sunshine Band



SYNCOPATED BACK AND SIDE ROCKS, SYNCOPATED CROSS AND SIDE ROCKS

- 1&2& Rock right behind, recover onto left, rock right foot to right side, recover
3&4 Rock right behind, recover onto left, step right foot to right side
5&6& Rock left foot over right, recover onto right, rock left foot to left side, recover
7&8 Rock left foot over right, recover onto right, step left foot to left side

HIP BUMPS TRAVELING FORWARD, PIVOT ½ TURN LEFT, POINT FRONT, SIDE

- 9&10 Touch right foot forward bumping hips right, left, right (taking weight onto right on last hip bump)
11&12 Touch left foot forward bumping hips left, right, left (taking weight onto left on last hip bump)
13-14 Step forward on right, pivot half turn left (weight now on left)
15-16 Point right toe forward, point right toe out to right side

SYNCOPATED BACK AND SIDE ROCKS, SYNCOPATED CROSS AND SIDE ROCKS, HIP BUMPS TRAVELING FORWARD, PIVOT ½ TURN LEFT, POINT FRONT, SIDE

- 17-32 Repeat 1-16

SYNCOPATED ROCK FORWARD, STEP BACK, ½ TURN LEFT, STEP FORWARD, SYNCOPATED ROCK FORWARD, STEP BACK TWICE, ¼ TURN LEFT

- 33&34 Rock forward onto right, recover back onto left, step back on right
35-36 Make half turn over left shoulder stepping forward onto left, step forward onto right
37&38 Rock forward onto left, recover back onto right, step back on left
39-40 Step back onto right, turn ¼ left stepping left to side

TOUCH, HITCH, CROSS, HOLD, AND CROSS TWICE

- 41&42 Touch right next to left, hitch right leg and cross right over left
43&44 Hold for one count, step left to side and cross right over left
45&46 Touch left next to right, hitch left leg and cross left over right
47&48 Hold for one count, step right to side and cross left over right

SKATES, ¼ TURNING SHUFFLE RIGHT, SKATES, ¼ TURNING SHUFFLE LEFT

- 49-50 Skate right, skate left
51&52 Shuffle turning a quarter to the right
53-54 Skate left, skate right
55&56 Shuffle turning a quarter to the left

SYNCOPATED ROCK STEP, ½ TURN RIGHT, LOCK STEP, PIVOT ½ TURN RIGHT, CROSS POINT

- 57&58 Rock forward on right, recover back on left, make half turn right step forward on right (rock and turn)
59&60 Hold for one count, lock left behind right, step right foot forward
61-62 Step forward on left, pivot half turn right (weight now on right)
63-64 Cross left over right, point right to side

REPEAT