

Sunshine in my Pocket

COPPERKNOB
BY STEPHENETS

拍数: 128 墙数: 2 级数: Phrased Intermediate
编舞者: Amy Glass (USA) - May 2016
音乐: CAN'T STOP THE FEELING! - Justin Timberlake : (iTunes)



#16 Count Intro. Starts on "Feeling". Sequence: A, B, C, C-, A, B, C, C, A, Tag, C, C, C-
A: 32 counts B: 64 counts C: 32 counts Tag: 4 counts
A and C are only danced facing 12:00; B is only danced facing 6:00

Section A (12:00)

A[1-8] □ Step, Touch, Step, Touch Ball Step, Rock, Recover, 1/2 R

1-2-3 Step RF to R side, Touch LF slightly in front of RF, Step LF to L side
4&5 Touch RF forward, Step on ball of RF, Step slightly forward on LF
6-7 Rock forward on RF, Recover weight on LF
8 Turn 1/2 R stepping forward on RF (6:00)

A[9-17] □ 1/4 R with Hip Rolls L then R, Kick Ball Cross, Out L, R, Chasse L with 1/4 L

1-2-3 Turn 1/4 R while stepping LF to L side and rolling hips clockwise, Roll hips counterclockwise weighting RF (9:00)
4&5 Kick LF to L diagonal, Step on ball of LF, Cross RF over LF
6-7 Step LF out to L side while rolling L hip out, Step RF to R while rolling R hip out
8&1 Step LF to L side, step RF next to LF, Step forward on LF turning 1/4 L (6:00)

A[18-24] □ Step Pivot 1/2, Shuffle Forward, Point L, Cross, Point R

2-3 Step forward R, Pivot 1/2 L
4&5 Shuffle forward R, L, R
6-7-8 Point L toe to L side, Cross LF behind RF, Point RF to R side

A[25-32] □ R Sailor, L Sailor, Step Pivot 1/2, Walk R, Walk L

1&2 Step RF behind LF, LF to L side, RF to R side
3&4 Step LF behind RF, RF to R side, LF to L side
5-6-7-8 Step forward R, Pivot 1/2 L, Walk R, Walk L (6:00)

Section B (6:00)

B[1-8] □ Press, Recover with Sweep 1/4 R, R Sailor, Step, Heel Swivels, Step, Close

1-2 Press RF forward, Recover weight back on LF while sweeping RF from front to back & turning 1/4 R (9:00)
3&4 Step RF behind LF, Step LF to L side, Step RF to R side
5&6&& Step LF to L side, Swivel R heel in, Replace RF, Swivel L heel in
7&8&& Step LF to L side, Swivel R heel in, Step RF to R, Close LF next to RF

B[9-16] □ Side Rock R, Recover, Close, Side, Kick Ball Point, Hold, Drag, Close

1-2&3 Rock RF to R, Recover weight on L, Close RF next to LF, Step LF to L
4&5 Kick RF forward, Step on ball of RF, Point LF to L side while bending R knee (point with lyric "Drop")
6 Hold
7-8 Begin straightening R knee slowly while dragging LF toward RF, Close LF next to RF

B[17-24] □ Walk x2, Pivot 1/4 L, Hinge 1/2 R, Cross, Side, Behind

1-2 Walk forward R, L
3&4 Step forward R, Pivot 1/4 L weighting LF, Cross RF over LF (6:00)
5-6 Step back on LF turning 1/4 R, Step side R turning 1/4 R (12:00)
&78 Cross LF over RF, Step RF to R, Cross LF behind RF

B[25-32] □ Rock, Recover, Weave, Step L, Hold, Close, Step, Touch

- 1-2 Rock RF to R side, Recover weight on LF
- 3&4 Step RF behind LF, Step LF to L side, Cross RF over LF
- 5-6 Step LF to L side, Hold
- &7-8 Close RF next to LF, Step LF to L side, Touch RF next to LF

B[33-40] □ Step Touch x2 Moving Backwards, Rock Back, Recover, Step Pivot 1/2 L

- 1-2 Step back on RF, Touch LF next to RF
- 3-4 Step back on LF, Touch RF next to LF
- 5-6 Rock back on RF, Recover weight on LF
- 7-8 Step forward on RF, Pivot 1/2 L (6:00)

B[41-48] □ Serpiente

- 1-2 Step forward R, Sweep LF from back to front
- 3-4 Cross LF over RF, Step RF to L side
- 5-6 Cross LF behind RF, Sweep RF from front to back
- 7-8 Cross RF behind LF, Step LF to L side

B[49-56] □ Cross Rock, Recover, 1/4 R, 1/4 R, Rock Back, Recover, Hinge 1/2 L

- 1-2 Cross rock RF over LF, Recover weight back on LF
- 3-4 Step forward R turning 1/4 R, Step side on LF turning 1/4 R (12:00)
- 5-6 Rock back on RF opening body to diagonal (1:30), Recover weight on LF
- 7-8 Step back on RF turning 1/4 L, Step side L turning 1/4 L (6:00)

B[57-64] □ Slow Walks Forward x2, Walk x4 Making Semicircle (1/2 L)

- 1-2, 3-4 Slow walk forward R, Drag LF next to RF, Slow walk forward L, Drag RF next to LF
- 5-6-7-8 Walk R, L, R, L creating a semicircle arc/shape to return to front wall (12:00)

Section C (12:00)**C[1-8] □ Side Mambo R, Side Mambo L, Out, Out, In, In**

- 1&2 Rock RF to R, Recover weight on LF, Close RF next to LF
- 3&4 Rock LF to L, Recover weight on RF, Close LF next to RF
- 5-6-7-8 Step RF out and slightly forward, Step LF out and slightly forward, Step RF in and slightly back, Close LF next □ to RF ** Exaggerate the hips—focus on shifting weight to the hips rather than the footwork

C[9-16] □ Triple R, L to Diagonals, Cross Rock, Recover, Side x2

- 1&2 Shuffle R, L, R to diagonal [small steps] *Exaggerate hips, rather than the steps (1:30)
- 3&4 Shuffle L, R, L to diagonal [small steps] *Exaggerate hips, rather than the steps (10:30)
- 5&6 Cross Rock RF over L, Recover weight on LF, Step RF to R
- 7&8 Cross Rock LF over R, Recover weight on RF, Step LF to L

****The second time you dance C, dance to this point, then continue with the phrasing (ABCC...etc) □**

C[17-24] □ Chasse R with 1/4 R, 1/4 R, Cross, C Bump X2, Touch

- 1&2 Step RF to R side, Close LF next to RF, Turn 1/4 R stepping forward R (3:00)
- 3&4 Step forward on LF, Pivot 1/4 R weighting RF, Cross LF over RF
- 5&6&7 Making a “C” shape with the hips, touch RF to the R while bumping hips up and to the R, (5), Return hips to □□center (&), Bump hips down and to R (6), Return hips to center (&), Bump hips up and R (7), Return hips to □□center (&)
- 8 Touch RF next to LF

C[25-32] □ Mambo Forward R, Mambo Back L, Jazz with 1/2 R

- 1&2 Rock forward on RF, Recover weight back on LF, Step RF slightly behind LF
- 3&4 Rock back on LF, Recover weight forward on RF, Step LF slightly in front of RF
- 5-6-7-8 Cross RF over LF, Step Back on LF turning 1/4 R, Step side on RF turning 1/4 R, Side on LF (12:00)

Tag (6:00)

[1-4] □ Step Touch with 1/4, 1/4 Turn Step Touch

1-2 Step forward on RF, Touch LF next to RF turning 1/4 L

3-4 Turn 1/4 L stepping forward on LF, Touch RF next to LF

Have fun!

Last Update – 16th June 2016
