

Sunshine in my Pocket

COPPER KNOB
BY SHEETS

拍数: 64 墙数: 4 级数: Phrased Intermediate
编舞者: Helen Woods (USA) - May 2016
音乐: CAN'T STOP THE FEELING! - Justin Timberlake : (CD: Can't Stop The Feeling)



#16 count intro, support on left

Phrase sequence: A B A B A(counts 1-16) A B A B A B Tag B A A(counts 1-16) Ending

PART A – 32 counts

A1: STEP, TOUCH (CLAP), STEP, TOUCH (CLAP), STEP, TOUCH (CLAP), STEP, TOUCH (CLAP)

- 1 Step right diagonally forward
- 2 Touch left beside right
- 3 Step left diagonally back
- 4 Touch right beside left
- 5 Step right diagonally back
- 6 Touch left beside right
- 7 Step left diagonally forward
- 8 Touch right beside left (12:00)

A2: SIDE, BEHIND, (TURN ½) SIDE, BRUSH, SIDE, BEHIND, SIDE, BRUSH

- 1 Step right to side
- 2 Step left behind right
- 3 Turn ½ right stepping right to side (6:00)
- 4 Brush left beside right
- 5 Step left to side
- 6 Step right behind left
- 7 Step left to side
- 8 Brush right beside left (6:00)

A3: ROCK FORWARD, RECOVER, ROCK BACK, RECOVER, STEP, (TURN ½) SHIFT, STEP, (TURN ¼) SHIFT

- 1 Rock right forward
- 2 Recover left
- 3 Rock right back
- 4 Recover left
- 5 Step right forward
- 6 Turn ½ left shifting support left (12:00)
- 7 Step right forward
- 8 Turn ¼ left shifting support left (9:00)

A4: ROCK FORWARD RECOVER, TOGETHER, ROCK BACK RECOVER, TOGETHER, ROCK SIDE, RECOVER, TOGETHER, ROCK SIDE RECOVER, TOGETHER

- 1& Rock right forward, recover left
- 2 Step right together
- 3& Rock left back, recover right
- 4 Step left together
- 5& Rock right to side, recover left
- 6 Step right together
- 7& Rock left to side, recover right
- 8 Step left together (9:00)

PART B – 32 counts – clock faces continue from Part A

B1: CROSS SIDE, STEP, CROSS SIDE, STEP, CROSS, BACK, BACK LOCK, BACK

- 1& Step right across left turning slightly left, step left to side and slightly forward squaring to front
- 2 Step right to side and slightly forward turning slightly right
- 3& Step left across right, step right to side and slightly forward squaring to front
- 4 Step left to side and slightly forward turning slightly left
- 5 Step right across left squaring to front
- 6 Step left back
- 7& Step right back, lock left in front of right
- 8 Step right back (9:00)

B2: BEHIND, TURN ½, STEP, (TURN ¼) SIDE, CROSS SIDE, CROSS SIDE, CROSS SIDE, CROSS

- 1 Step left behind right
- 2 Turn ½ left keeping support left (3:00)
- 3 Step right forward
- 4 Turn ¼ left shifting support left (12:00)
- 5& Step ball of right across left, step left to side
- 6& Step ball of right across left, step left to side
- 7& Step ball of right across left, step left to side
- 8 Step ball of right across left (12:00)

B3: ROCK SIDE RECOVER, CROSS, ROCK SIDE RECOVER, CROSS, PADDLE TURN ¼, PADDLE TURN ¼, PADDLE TURN ¼, ROCK SIDE RECOVER

- 1& Rock left to side, recover right
- 2 Step left across right
- 3& Rock right to side, recover left
- 4 Step right across left
- 5& Partially step ball of left to side, (pushing left) turn ¼ right shifting support right (3:00)
- 6& Partially step ball of left to side, (pushing left) turn ¼ right shifting support right (6:00)
- 7& Partially step ball of left to side, (pushing left) turn ¼ right shifting support right (9:00)
- 8& Rock left to side, recover right (9:00)

B4: CROSS BACK, SIDE, CROSS BACK, SIDE, STEP LOCK, STEP STEP, LOCK STEP, STEP

- 1& Step left across right, step right back
- 2 Step left to side
- 3& Step right across left, step left back
- 4 Step right to side
- 5& Step left forward, lock right behind left
- 6& Step left forward, step right forward
- 7& Lock left behind right, step right forward
- 8 Step left forward (9:00)

TAG – 4 counts**SHIMMY, SHIMMY, SHIMMY, SHIMMY**

- 1 Shimmy
- 2 Shimmy
- 3 Shimmy
- 4 Shimmy

ENDING – 2 counts**STEP, TURN ½**

- 1 Step right forward
- 2 Turn ½ left keeping support right

Contact: aquafool@aol.com

