

Sunshine Charleston

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Beginner
编舞者: Jan Brookfield (UK) - January 2018
音乐: Bring Me Sunshine - Morecambe & Wise



NB. The choreographer acknowledges the use of sequences from the Cowboy Charleston dance, also the famous Morecambe & Wise “step, skips” with arm movements!
Use arms throughout for balance and style. Have fun!

Section 1 : [STEP, SKIP, STEP, SKIP, ROCKING CHAIR] x 2

- 1,2 Step R forward, flick L out to left side while gently hopping on R and raising R arm touching back of head with R hand
- 3,4 Step L forward, flick R out to right side while gently hopping on L and raising L arm touching back of head with L hand
- 5,6,7,8 Rock forward on R, recover onto L, rock back on R, recover onto L

[9 -16] : Repeat steps for Section 1 counts 1 – 8

Section 2 : HEEL, HITCH, HEEL, HITCH, BEHIND, SIDE, ACROSS, HOLD; HEEL, HITCH, HEEL, HITCH, BEHIND, SIDE, ¼ TURN, HOLD

- 1,2,3,4 [Tap R heel diagonally forward, hitch R slightly] x 2
- 5,6,7,8 Step R behind L, step L to side, step R across in front of L, hold
- 9,10,11,12 [Tap L heel diagonally forward, hitch L slightly] x 2
- 13,14,15,16 Step L behind R, step R to side, making a quarter turn right step forward on L, hold

Section 3 : BASIC CHARLESTON STEPS x 4

- 1,2,3,4 Touch R toes forward, hold, step back on R in place, hold
- 5,6,7,8 Touch L toes back, hold, step forward on L in place, hold

[9-16] : Repeat steps for Section 3 counts 1 - 8

Section 4 : REPEAT STEPS IN SECTION 2, 16 COUNTS IN ALL

Specially choreographed for the Stroke Association’s “Bring Me Sunshine” campaign 2016

Contact: janbrookfield@btinternet.com