

My Sunshine

COPPER **NOB**
BY STEPHENETS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Martine Canonne (FR) - August 2022
音乐: I Make My Own Sunshine (John Fields Remix) - Alyssa Bonagura : (Album: Love
Hard - iTunes)



Intro : 32 Counts – No Tag No Restart – 1 Final

[1 – 8] ROCK STEP-SIDE ROCK, BEHIND-SIDE-CROSS, TRIPLE SIDE L, TURN ¼ R w/TRIPLE SIDE

1&2& Step RF forward, recover onto LF, step RF to right side, recover onto LF
3 & 4 Cross RF behind LF, step LF to left side, cross RF over LF
5 & 6 Step LF to left side, step RF next to LF, step LF to left side
7 & 8 Turn ¼ right stepping RF to right side, step LF next to RF, step RF to right side (03:00)

[9 – 16] ROCK STEP-SIDE ROCK, SAILOR ¼ TURN, ROCKING CHAIR 1/8 TURN L x2

1&2& Step LF forward, recover onto RF, step LF to left side, recover onto RF
3 & 4 ¼ de tour à gauche en croisant PG derrière PD, poser PD à droite, poser PG devant (12:00)
5&6& Turn 1/8 left stepping RF forward, recover onto LF, step RF back, recover onto LF (10:30)
7&8& Turn 1/8 left stepping RF forward, recover onto LF, step RF back, recover onto LF (09:00)

[17 – 24] WALK, WALK, STEP-TURN-STEP, TRIPLE ½ R LOCK, TRIPLE ½ R

1 – 2 Step RF forward, step LF forward
3 & 4 Step RF forward, turn ½ left (weight onto LF), step RF forward (03:00)
5 & 6 Turn ¼ right stepping LF to left side, cross RF over LF, turn ¼ right stepping RF back (09:00)
7 & 8 Turn ¼ right stepping RF to right side, step LF next to RF, turn ¼ right stepping RF forward
(03:00)

[25 – 32] WALK, WALK, STEP-1/4 R-CROSS, POINT&POINT&HEEL&HEEL&

1 – 2 Step LF forward, step RF forward
3 & 4 Step LF forward, turn ¼ right (weight onto RF), cross LF over RF (06:00)
5&6& Touch point RF to right side, step RF next to LF, touch point LF to left side, step LF next to
RF
7&8& Touch heel RF forward, step RF next to LF, touch heel LF forward, step LF next to RF
(06:00)

ENDING : Make counts 1&, then step RF to right side

LF : left foot - RF : right foot

<http://danseavecmartineherve.fr/>