# Feel Good Sunshine



**拍数:** 32 **墙数:** 4 **级数:** Beginner

编舞者: Melissa Lau (NZ) - March 2023

音乐: Walking On Sunshine - Katrina and the Waves: (Album: Bierzelt Hits 2022)



Alt. Music: Southern Streamline - John Fogerty

Intro: 32 counts, start on vocals (for 'Walking On Sunshine') Intro: 16 counts, start on vocals (for 'Southern Streamline')

## **CHARLESTON (x 2)**

1, 2	Sweep R to front and touch R fwd, sweep R to back and step R back (12:00)
3, 4	Sweep L from front to back and touch L back, sweep L to front and step L fwd
5, 6	Sweep R from back to front and touch R fwd, sweep R to back and step R back
7. 8	Sweep L from front to back and touch L back, sweep L to front and step L fwd

#### HEEL TAPS, BEHIND-SIDE-CROSS, HEEL TAPS, BEHIND-14-FWD

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1, 2	Touch R heel diagonal right fwd (twice)
3&4	Step R behind L, step L to side, step R across L
5, 6	Touch L heel diagonal left fwd (twice)

7&8 Step L behind R, turn ¼ right stepping R fwd, step L fwd (3:00)

### WALK R-L, FWD MAMBO, BACK L-R, COASTER

1, 2	Step R fwd, step L fwd,
3&4	Rock R fwd, recover weight on L, step R slightly back
5, 6	Step L back, step R back
7&8	Step L back, step R next to L, step L fwd

#### TOE-HEEL-STOMP (x 4)

1&2	Touch R toe to L-instep with knee in, tap R heel slightly fwd, stomp R fwd
3&4	Touch L toe to R-instep with knee in, tap L heel slightly fwd, stomp L fwd
5&6	Touch R toe to L-instep with knee in, tap R heel slightly fwd, stomp R fwd
7&8	Touch L toe to R-instep with knee in, tap L heel slightly fwd, stomp L fwd

<sup>\*</sup> ENDING: after 16 counts, facing the front

Choreographed for Relay For Life 2023, Taranaki, NZ

Last Update: 9 Jul 2024