

Sunshine State of Mind

COPPER **KNOB**
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Bonita Malone (USA) - June 2023
音乐: Sunshine State of Mind - Elyse Saunders



16 count introduction

2 Tags

SIDE, CROSS, SWEEP, CROSS SHUFFLE, SWAY, SWAY, BEHIND, SIDE, CROSS

1&2 Step R side (1), step L cr frt (&), sweep R back to front (2)
3&4 Step R cross frt (3), step L slightly behind R (&) step R cross frt (4)
5,6 Step L side with sway (5), sway R (6)
7&8 Step L behind (7), side R (&), step L cross frt (8)

SIDE, TOUCH, SIDE, KICK, BACK SHUFFLE, COASTER STEP, FWD, ¼ PIVOT

1&2& Step R side (1), touch L next to R (&), step L slightly side (2), kick R forward (&)
3&4 Step R back (3), step L next to R (&), step back R (4)
5&6 Step L back (5), step R next to L (&), step L forward (6)
7,8 Step R forward (7), ¼ pivot L (8) [9:00]

CROSS, ¼ BACK, SIDE CHASSE, CROSS ROCK, RECOVER, SHUFFLE ¼ TURN

1,2 Step R cross frt (1), step back L ¼ turn to R (2) [12:00]
3&4 Step R side (3), close L next to R (&), step R side (4)
5,6 L cross rock (5), recover (6)
7&8 Step L 1/4 turn (7), close R next to L (&), step L side (8) [9:00]

TOUCH, SIDE, CROSS, SIDE, ROCK BACK, RECOVER, PIVOT ½ TURN, CHASE ½ TURN

1&2& Touch R next to L (1), step R side (&), step L cross frt (2), step R side (&)
3,4 Rock back on L (3), recover on R (4)
5,6 Step L forward (5), pivot ½ turn R (6) [3:00]
7&8 Step L forward (7), pivot ½ turn R (&), step L forward (8) [9:00]

TAG (16 counts)

After Wall 1 – facing [9:00]

After Wall 3 – facing [3:00]

ROCK, RECOVER, KICK, CROSS, SIDE CHASSE, SAILOR ¼ TURN, PIVOT ¾ TURN

1&2& Rock R side (1), recover L(&), kick R to L diagonal (2), step R cross frt (&)
3&4 Step L side (3), step R next to L (&), step L side (4)
5&6 Step R behind (5), step L in place ¼ turn to R (&) step R fwd (6) [12:00]
7,8 Step L fwd (7), ¾ pivot to R (8) [9:00]

REVERSE THE PREVIOUS 8 COUNTS – ROCK, RECOVER, KICK, CROSS, SIDE CHASSE, SAILOR ¼ TURN, PIVOT ¾ TURN

1&2& Rock L side (1), recover R(&), kick L to R diagonal (2), step L cross frt (&)
3&4 Step R side (3), step L next to R (&), step R side (4)
5&6 Step L behind (5), step R in place ¼ turn to L (&) step L fwd (6) [6:00]
7,8 Step R fwd (7), ¾ pivot to L (8) [9:00]

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Last Update: 4 Jul 2023

