

My Sunshine Girl

拍数: 32 墙数: 4 级数: Beginner
编舞者: Niels Poulsen (DK) - July 2024
音乐: Sunshine (My Girl) - Wuki



Intro: 40 counts from very first beat in music. App. 18 secs. into track. Start with weight on L foot

***1 easy tag: After wall 5, facing 3:00**

NOTE: THANK YOU to Nadja Schmalz (USA) for her input and continuous support over the years

[1 – 8] R side rock, R cross shuffle, L side rock, L cross shuffle

1 – 2 Rock R to R side (1), recover on L (2) 12:00
3&4 Cross R over L (3), step L to L side (&), cross R over L (4) 12:00
5 – 6 Rock L to L side (5), recover on R (6) 12:00
7&8 Cross L over R (7), step R to R side (&), cross L over R (8) 12:00

[9 – 16] Stomp R to R, Hold/clap, ¼ L stomp L to L, Hold/claps, walk R, point L, walk L, point R

1 – 2 Stomp R to R side (1), HOLD and clap hands (2) 12:00
3&4 Turn ¼ L stomping L to L side (3), HOLD and clap hands twice (&4) 9:00
5 – 8 Walk R fwd (5), point L to L side (6), walk L fwd (7), point R to R side (8) 9:00

[17 – 24] R rock fwd, R shuffle back, L back rock, L shuffle ½ R

1 – 2 Rock R fwd (1), recover back on L (2) 9:00
3&4 Step back on R (3), step L next to R (&), step back on R (4) 9:00
5 – 6 Rock back on L (5), recover fwd onto R (6) 9:00
7&8 Turn ¼ R stepping L to L side (7), step R next to L (&), turn ¼ R stepping back on L (8) 3:00

[25 – 32] R back rock, R kick ball change, R jazz box cross

1 – 2 Rock back on R (1), recover onto L (2) 3:00
3&4 Kick R fwd (3), step R next to L (&), change weight to L (4) 3:00
5 – 8 Cross R over L (5), step back on L (6), step R to R side (7), cross L over R (8) 3:00

Start Again!

Tag The music fades out after wall 5, facing 3:00. Continue dancing by adding this 8 count tag:

[1 – 8] R side touch, ¼ L fwd touch, ¼ L side touch, ¼ L fwd touch

1 – 2 Step R to R side (1), touch L next to R and snap fingers (2) 3:00
3 – 4 Turn ¼ L stepping L fwd (3), touch R next to L and snap fingers (4) 12:00
5 – 6 Turn ¼ L stepping R to R side (5), touch L next to R and snap fingers (6) 9:00
7 – 8 Turn ¼ L stepping L fwd (7), touch R next to L and snap fingers (8) 6:00

Ending Wall 7 finishes at 12:00. Then step R to R side 12:00