Sunshine

级数: Improver east coast swing

编舞者: Judy Cain (USA)

音乐: You Are My Sunshine - Ray Charles

This dance was inspired by two very important things in my life: Carol Craven's newsletter & sunshine

SHUFFLE SIDE CROSS ROCK

拍数: 32

- 1&2 Step right to right, left next to right, right to right
- 3-4 Cross left over right, right in place
- 5&6 Step left to left, right next to left, left to left
- 7-8 Cross right over, step left to left

2 SAILOR SHUFFLES WITH ¼ LEFT TURN, KICK BALL CHANGE, ¼ PIVOT

- 1&2 Step ball of right behind left, left to left, right to right
- 3&4 Step ball of left behind right, right to right, make a ¼ left turn step forward on left
- 5&6 Low right kick forward, step on back ball of right, step forward on left
- 7-8 Step right forward, make a ¼ left turn, step left in place

CROSS SHUFFLE SIDE ROCK, CROSS SHUFFLE ¼ TURN

- 1&2 Step right over left, left to left, right over left
- 3-4 Step left to left, right in place
- 5&6 Step left over right, right to right, left over right
- 7-8 Step right back making a ¼ left turn, left in place

SHUFFLE, ½ PIVOT, SHUFFLE ½ TURN, ROCK STEP

- 1&2 Step right forward, left next to right, right forward
- 3-4 Step left forward making a ½ right turn, step right in place
- 5&6 Step left making ¼ right turn, right beside left, back on left making ¼ right turn
- 7-8 Step back on right, rock left in place

REPEAT





墙数:4