

Sunshine Samba

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Adrian Churm (UK)
音乐: I Got Sunshine - Paul Bailey



MAMBO, CROSS ROCK, ½ TURN SHUFFLE

- 1&2 Right foot steps forward, replace weight back onto the left foot, small step back onto the right foot
- 3&4 Left foot steps back, replace weight forward onto the right foot, small step forward onto the left foot
- 5-6 Right foot steps forward and across left foot, replace weight back to the left foot
- 7&8 Make a ½ turn to the right as you shuffle right, left, right

LATIN CROSS VARIATION, CROSS ROCK, SAILOR STEP, COASTER STEP WITH ¼ TURN, KICK BALL CHANGE

- 9-10 Left foot steps forward, right foot crosses behind left on the ball of the foot
- 11&12 Left foot steps forward as you push off the ball of the right foot, ball of the right foot crosses behind left, left foot steps forward as you push off the ball of the right foot
- 13-14 Right foot steps forward and across the left, replace weight back onto the left foot
- 15&16 Right foot swings around behind the left, left foot steps to the side, replace the weight back onto the right foot
- 17&18 Make a ¼ turn to the left as left foot steps back close right to left, small step forward onto the left
- 19-20 Kick ball change

TRIPLE STEP CROSSOVERS, WEAVE, FLICK, CROSS OVER, HIP ROLL, SIDE MAMBO

- 21&22 Right foot steps across left, small step to the side with left, right foot steps across left
- 23-25&26 Left foot steps in front of right, right foot steps to the side, left foot behind right, right foot steps to the side as left foot flicks to the left
- &27-30 Left foot steps small step back next to right, right foot steps across in front of the left, pause for one beat of music, roll the hips to the right for two beats
- 31&32 Left foot steps to the side, replace weight onto the right, close left foot to right

REPEAT
