

Sunshine Shuffle

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Improver
编舞者: Rob Fowler (ES)
音乐: Brown Eyed Girl - The Cheap Seats



MAMBO STEPS (FORWARD AND BACK)

1 Rock forward on right foot
& Rock back onto left foot
2 Step on right foot beside left
3 Rock back on left foot
& Rock forward onto right foot
4 Step on left foot beside right

MAMBO STEPS (SIDE)

5 Rock to right side on right foot
& Rock to left on left foot
6 Step on right foot beside left
7 Rock to left side on left foot
& Rock to right on right foot
8 Step on left foot beside right

STEP, SLIDE, SIDE-SHUFFLE TO RIGHT (ANGLE BODY SLIGHTLY RIGHT)

9 Step to right on right foot
10 Slide left foot beside right
11 Step to right on right foot
& Step on left foot beside right
12 Step to right on right foot

HEEL SWIVELS

13 Swivel heels to right
14 Swivel heels to left
15 Swivel heels to right
& Swivel heels to left
16 Swivel heels to right

STEP, SLIDE, SIDE-SHUFFLE TO LEFT (ANGLE BODY SLIGHTLY LEFT)

17 Step to left on left foot
18 Slide right foot beside left
19 Step to left on left foot
& Step on right foot beside left
20 Step to left on left foot

HEEL SWIVELS

21 Swivel heels to left
22 Swivel heels to right
23 Swivel heels to left
& Swivel heels to right
24 Swivel heels to left

SYNCOPATED TURNING ROCK STEPS

25 Step forward on ball of right foot

& Turn ½ left
26 Rock back on left foot
& Rock forward onto right foot
27 Step forward on ball of left foot
& Turn ½ right
28 Rock back on right foot
& Rock forward onto left foot
29 Step forward onto right foot
& Turn ¼ left
30 Rock back on left foot
& Rock forward right
31 Step forward on ball of left foot
& Turn ½ right
32 Rock back on right foot
& Rock forward onto left foot

STEP, SLIDE, SHUFFLE

33 Step diagonally-forward to right on right foot
34 Slide left foot together
35 Step diagonally-forward to right on right foot
& Step on left foot beside right
36 Step diagonally-forward to right on right foot

STEP, SLIDE, SHUFFLE

37 Step diagonally-forward to left on left foot
38 Slide right foot together
39 Step diagonally-forward to left on left foot
& Step on right foot beside left
40 Step diagonally-forward to left on left foot

ROCK FORWARD, BACK, ¾ TURN

41 Rock forward on right foot
42 Rock back onto left foot
43&44 Step on right foot, left foot, right foot while turning ¾ right

ROCK FORWARD, BACK, 1 ¼ TURN

45 Rock forward on left foot
46 Rock back onto right foot
47&48 Step on left foot, right foot, left foot while turning 1 ¼ left

REPEAT
