

Sunshine Trail (P)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 0 级数: Partner
编舞者: Jim Godsall & Nen Godsall
音乐: Not - The Bellamy Brothers



Position: Start Back to back, Man facing ILOD, Lady facing OLOD. Opposite feet throughout

MAN'S STEPS

STEP ½ PIVOT, CHA-CHA-CHA, ROCK FORWARD, BACK CHA-CHA

1-4 Step left forward, pivot ½ right, left cha-cha-cha in place

Join up in closed western hold, facing OLOD

5-8 Rock right forward, back left, right cha-cha slightly back

SIDE, BEHIND, ¼ TURN CHA-CHA, ½ TURN CHA-CHA-CHA

9-12 Step left to side, cross right behind left, left cha-cha making ¼ turn left into LOD

Release man's right & lady's left hands. Raise man's left & lady's right arms over lady's head as she turns

13-16 Make ½ turn left and step back right, step left back, right, cha-cha-cha back

Man turns under same raised arms, both end facing RLOD holding inside hands

ROCK BACK, FORWARD CHA-CHA-CHA, STEP ½ PIVOT CHA-CHA-CHA

17-20 Rock left back, forward right, left cha-cha forward

21-24 Step right forward, pivot ½ turn left into LOD, right cha-cha forward

Release hands on pivot & rejoin in sweetheart position / side by side facing LOD

WALK FORWARD, CHA-CHA-CHA, WALK FORWARD, CHA-CHA-CHA

25-28 Walk forward left - right, left cha-cha

29-32 Walk forward right - left, right cha-cha

ROCK FORWARD, BACK, CHA-CHA, FULL TURN CHA-CHA-CHA

33-36 Rock left forward, back right, left cha-cha back

Release left hands, raise right arms as lady turns

37-40 Traveling toward RLOD, make ½ turn right and step forward right, make ½ turn right and step back left

Easier option: walk back right-left, right cha-cha back

Man turns under raised right arms to end still facing LOD & lady facing RLOD, right palm to right palm

ROCK BACK, FORWARD, CHA-CHA, WALK FORWARD, CHA-CHA-CHA

41-44 Rock left back, forward right, left cha-cha forward

45-48 Walk forward right - left, right cha-cha

Lady turns under raised right arms, return to right palm to right palm position

Man facing LOD, lady RLOD

ROCK FORWARD, BACK, CHA-CHA-CHA, ROCK BACK, FORWARD, CHA-CHA-CHA

49-52 Rock left forward, back right, left cha-cha back

Keep hold of right hands as lady turns, rejoin left hands In Sweetheart Position / Side By Side

53-56 Rock right back, forward left, right cha-cha forward

STEP ½ PIVOT, CHA-CHA-CHA, STEP, ½ PIVOT, ¼ TURN CHA-CHA IN PLACE

57-60 Step left forward, pivot ½ right, left cha-cha forward

Bring right arms over lady's head to end in cross arm position, right on top facing RLOD

61-64 Step right forward, pivot ½ left, right cha-cha in place making ¼ turn left to face ILOD

Keep hold of both hands (still at waist height) on step pivot, now in cross arm position facing LOD, release both hands on ¼ turn cha-cha to end up back to back

REPEAT

LADY'S STEPS

STEP ½ PIVOT, CHA-CHA-CHA, ROCK BACK, FORWARD CHA-CHA

1-4 Step right forward, pivot ½ left, right cha-cha-cha in place

Join up in closed western hold, facing ILOD

5-8 Rock left back, back forward right, left cha-cha slightly forward

¾ TURN CHA-CHA-CHA, WALK BACK, CHA-CHA-CHA

9-12 Step right ¼ turn right, make ½ turn right and step back left, right cha-cha back

Now facing RLOD release man's right & lady's left hands. Raise man's left & lady's right arms over lady's head as she turns

13-16 Walk back left, right, left cha-cha back

Man turns under same raised arms, both end facing RLOD holding inside hands

ROCK BACK, FORWARD, CHA-CHA-CHA, STEP ½ PIVOT, CHA-CHA-CHA

17-20 Rock right back, forward left right cha-cha forward

21-24 Step left forward, pivot ½ turn right into LOD

Left cha-cha forward release hands on pivot & rejoin in sweetheart position / side by side facing LOD

WALK FORWARD, CHA-CHA-CHA, WALK FORWARD, CHA-CHA-CHA

25-28 Walk forward right - left, right cha-cha

29-32 Walk forward left - right, left cha-cha

ROCK FORWARD, BACK, ½ TURN CHA-CHA, WALK FORWARD CHA-CHA-CHA

33-36 Rock right forward, back left, turn ½ turn right on cha-cha to face LOD

Release left hands, raise right arms as lady turns

37-40 Walk forward left-right, left cha-cha-cha

Man turns under raised right arms to end still facing LOD & lady facing RLOD, right palm to right palm

ROCK FORWARD, BACK, CHA-CHA, FULL TURN, CHA-CHA-CHA

41-44 Rock right forward, back left, right cha-cha back

45-48 Traveling toward LOD make ½ turn left and step forward left make ½ turn left and step back right

Easier option: walk back left - right, left cha-cha back

Lady turns under raised right arms, return to right palm to right palm position. Man facing LOD, lady RLOD

ROCK BACK, FORWARD, ½ TURN CHA-CHA, ROCK BACK, FORWARD, CHA-CHA-CHA

49-52 Rock right back, forward left, turn ½ turn left on right cha-cha into sweetheart position / side by side facing LOD

Keep hold of right hands as lady turns, rejoin left hands in sweetheart position / side by side

53-56 Rock left back, forward right, left cha-cha forward

STEP ½ PIVOT, CHA-CHA-CHA, STEP ½ PIVOT ¼ TURN CHA-CHA IN PLACE

57-60 Step right forward, pivot ½ left, right cha-cha forward

Bring right arms over lady's head to end in cross arm position, right on top facing RLOD

61-64 Step left forward, pivot ½ right, left cha-cha in place making ¼ turn right to face OLOD

Keep hold of both hands (still at waist height) on step pivot, now in cross arm position facing LOD, release both hands on ¼ turn cha-cha to end up back to back to

REPEAT
