

Pocketful of Sunshine

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: May Wah Ong (MY) - May 2008
音乐: Pocketful of Sunshine - Natasha Bedingfield : (3:23)



Intro: 16 counts intro, starts on vocals

Walk , walk, kick cross back side, & Walk , walk, kick cross back side

1 – 2 Walk forward R, L
3&4& Kick R fwd , cross in front of L, step L back, step R to right side
5 – 6 Walk forward L, R
7&8& Kick L fwd , cross in front of R, step R back, step L to left side

Step, pivot ½, shuffle forward, side rock, behind, side , forward

1 -2 Step forward on R, pivot ½ turn left
3&4 Step forward on R, step L next to R, step R forward
5 -6 Rock L to left side, recover on R
7&8 Step L behind R, step R to right side, step L slightly forward [6]

Touch, unwind, weave, side, together, applejacks

1 – 2 Touch R toe behind L, unwind ¼ right, [9]
3&4& Cross step L over R, step R to side, cross step L behind R, step R to side
5 – 6 Step L to left side, step R next to L
7&8& With weight on right heel and left toe, turn right toe right and left heel right, (&)both feet back to centre, (8)with weight on right toe and left heel turn right heel left and left toe left, (&)both feet back to centre

Step, pivot ½, shuffle forward, side rock, behind, side , cross

1 -2 Step forward on R, pivot ½ turn left [3]
3&4 Step forward on R, step L next to R, step R forward
5 -6 Rock L to left side, recover on R
7&8 Step L behind R, step R to right side, step L in front of R

Turn ½, ½, sailor step, step touch, kick ball step

1 – 2 Make ½ turn right stepping fwd on R, make ½ turn right stepping back on L [3]
3&4 Step R behind L, step L to left, step R to right
5 -6 Step forward on L, touch R next to L
7&8 Kick R forward, replace R next to L, step forward on L

Back rock, side rock, together, point, point, sailor 1/4

1 – 2 Rock back on R, recover on L
3&4 Rock R to right side, recover on L, step R next to L
5 -6 Cross point L over R, point L to left
7&8 Step L behind R making ¼ left, step R next to L, step L to left side [12]

Step, lock, step lock step, rock, recover , sailor 1/2

1 – 2 Step R forward, lock L behind R
3&4 Step R forward, lock L behind R, step R forward
5 -6 Rock L forward, recover on R
7&8 Cross step L behind R making ¼ turn L, make ¼ L stepping R next to L, step fwd on L [6]

Walk, walk, back rock, step, bump LR, bump LRL

1 – 2 Walk forward R, L
3&4 Rock back on R, recover on L, step R next to L
5 -6 Stepping L to left sway left, then sway right
7&8 Bump hips LRL

Tag After 3rd Wall

1 – 4 Hip rolls , RLRL (or sway)

Note:

Once you are familiar with the music, you might want to try the dance in the following sequence.

Part A : Counts 1 – 32

Part B : Counts 33 – 64

Suggested Sequence:

AB, AA, BB, tag, BB, AB, B (16 cts to ending)
