

Bring Me Sunshine

拍数: 64 墙数: 4 级数: Phrased Improver
编舞者: Darren Bailey (UK) & Roy Verdonk (NL) - July 2011
音乐: Bring Me Sunshine - The Jive Aces



Sequence: A,A,A,A,B (Until the end of the music) - Counts: A 32 counts (4 Wall), B 32 counts (2 Wall)

Part A (4 wall)

R Weave, R Sisscor step, with shoulder bounce.

- 1-2 Step Rf to R side, cross Lf behind Rf
- 3-4 Step Rf to R side, cross Lf over Rf
- 5-6 Step Rf to R side, close Lf next to Rf
- 7&8 Cross Rf over Lf, raise both shoulders, Lower both shoulders

L Weave, L Sisscor step, with shoulder bounce.

- 1-2 Step Lf to L side, cross Rf behind Lf
- 3-4 Step Lf to L side, cross Lf over Rf
- 5-6 Step Lf to L side, close Rf next to Lf
- 7&8 Cross Lf over Rf, raise both shoulders, lower both shoulders

Touch and drag backs, with clicks

- 1-2 Place Rf forward on R diagonal whilst clicking fingers with both hands out in front, drag Rf back towards Lf taking weight onto Rf whilst pulling both arms to side of body.
- 3-4 Place Lf over Rf to R diagonal whilst clicking fingers with both hands out in front, drag Lf back towards Rf taking weight onto Lf whilst pulling both arms to side of body.
- 5-6 Place Rf forward on R diagonal whilst clicking fingers with both hands out in front, drag Rf back towards Lf taking weight onto Rf whilst pulling both arms to side of body.
- 7-8 Place Lf over Rf to R diagonal whilst clicking fingers with both hands out in front, drag Lf back towards Rf taking weight onto Lf whilst pulling both arms to side of body.

The above steps should be danced travelling very slightly to the R

L Pivot turn 1/2 x2, Jazz box with a 1/4 turn R.

- 1-2 Step forward on Rf, make a 1/2 turn L (weight ends on Lf)
- 3-4 Step forward on Rf, make a 1/2 turn L (weight ends on Lf)
- 5-6 Cross Rf over Lf, make a 1/4 R stepping back on Lf
- 7-8 Step Rf to R side, cross Lf over Rf.

After 24 counts of wall 4, stomp Rf to R side hold for 4 slow counts,
Make a 1/4 turn R and stomp Lf to L side and hold for 4 slow counts. Then start part B.

Part B (2 wall)

Rumba Box, 1/2 turn shuffle R, 1/4 turn shuffle R Both shuffle towards 6:00

- 1&2 Step Rf to R side, close Lf next to Rf, step forward on Rf
- 3&4 Step Lf to L side, close Rf next to Lf, step back on Lf
- 5&6 Make a 1/4 turn R stepping Rf to R side, close Lf next to Rf, make a 1/4 turn R stepping forward on Rf
- 7&8 Make a 1/4 turn R stepping Lf to L side, close Rf next to Lf, step Lf to L side

On counts 7,8 - push both hands up in the air twice

Jazz box with 1/4 turn R, 1/2 Pivot Turn L x2

- 1-2 Cross Rf over Lf, make a 1/4 turn R stepping back on Lf
- 3-4 Step Rf to R side, step forward on Lf
- 5-6 Step forward on Rf, make a 1/2 turn L (weight ends on Lf)

7-8 Step forward on Rf, make a 1/2 turn L (weight ends on Lf)

Step touch, back kick, Behind side cross x2

1&2& Step Rf to R diagonal, touch L toe next to Rf and clap, Step Lf back on L diagonal, kick Rf to R side and click

3&4 Step Rf behind Lf, step Lf to L side, cross Rf over Lf

5&6& Step Lf to L diagonal, touch R toe next to Lf and clap, Step Rf back on R diagonal, kick Lf to L side and click

7&8 Step Lf behind Rf, make a 1/4 turn R stepping forward on Rf, step forward on Lf

Walk R, L, step, together close, heel split, rocking chair x2 with 1/4 turn R

1-2 Walk forward on Rf, walk forward on Lf

3&4 Close Rf next to Lf, Split both heel apart, bring both heels back together

5&6& Rock forward onto R heel, recover onto Lf making an 1/8 turn R, rock back on Rf, recover onto Lf making an 1/8 turn R

7&8& Rock forward onto R heel, recover onto Lf, rock back on Rf, recover onto Lf.

Enjoy the great music, and have fun with the dance.
