

Pocketful of Sunshine

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Improver
编舞者: Mathias Pflug (DE) - July 2011
音乐: Pocketful of Sunshine - Natasha Bedingfield



Intro: 16 counts

Side, Back & Cross Heel & R + L

1-2 Step right to right - step left back
&3 Step right to right and left heel touch left diagonally forward
&4 Left foot next to right and cross right foot over left
5-6 Step left to left side - step back with right
&7 Step left to left and right heel touch right diagonally forward
&8 Step right next to left, cross left over right

Forward Rock, Sailor Shuffle With 1/4 Turn Right, Rock Forward, Coaster Step

1-2 Step forward on right, rock left foot - recover
3&4 Cross right behind left - 1/4 turn right and step left beside right, step right forward (3 clock)
5-6 Step forward on left, rock right foot - recover
7&8 Step left back - step right foot to left, step left forward

Shuffle Forward, Rock Forward, Shuffle Back 1/2 Turn Left, Shuffle Forward 1/2 Turn Left

1&2 Step right forward, step left beside right, step right forward
3-4 Step forward on left, rock right foot - recover
5&6 1/4 turn left and stepping left to left - step right beside left, 1/4 turn left and stepping forward on left (9 o'clock)
7&8 1/4 turn left and stepping right to right - step left beside right, turn 1/4 left and step right back (3 o'clock)

Rock Back, Shuffle, Jazzbox With 1/4 Turn Right

1-2 Step left back - rock RF - recover to right
3&4 Step left forward - Step right next to left, step - step left forward
5-6 Cross right over left - 1/4 turn right and step left back (6 o'clock)
7-8 Step right to right side, step left beside right

Chassé, Back Rock, Chassé, Back Rock With 1/4 Turn Right

1&2 Step right to right - step left foot next to right, step right to right side
3-4 Step back on left, rock right foot - recover
5&6 Step left to left - step right beside left, step left to left side
7-8 1/4 turn right and Step back on right, rock left foot - recover (9 o'clock)

Shuffle, Step, Pivot 1/2 R + L

1&2 Shuffle forward (r - l - r)
3-4 Step forward left - 1/2 turn right (3 clock)
5&6 Shuffle forward (l - r - l)
7-8 Step forward right - 1/2 turn left on left foot, weight on left (9 clock)

Start Again!

Tag (after the 4th round, 12 clock)

Sway's Hip 2x R + L

1-2 Step right to right side, hips swinging to the right - swing hips to the left
3-4 hips to the right swing - swinging her hips to the left

