

No Sunshine

拍數: 32 牆數: 2 級數: High Intermediate
編舞者: Ria Vos (NL) - October 2015
音樂: Ain't No Sunshine - Wynonna : (Album: Sing Chapter 1)



Start on the word: '...gone' (Ain't No Sunshine when she's...)

Cross, Sweep 1/4 L, Cross, Side Rock 1/8 R, Step Fwd, 1/2 L, 1/4 L Sway L-R, 1/4 L, Step Pivot 1/2 L, Step, Spiral Full Turn R

1-2& Steps L Fwd and Across R, Sweep R Around into 1/4 Turn L, Cross R Over L
3&4 Rock L to L Side, Recover on R Turning 1/8 R, Step Fwd on L (10:30)
&5-6 1/2 Turn L Step Back on R, 1/4 Turn L Sway L to L Side, Sway R to R Side
7 1/4 Turn L Step Fwd on L (10:30)
&8 Step Fwd on R, Pivot 1/2 Turn L (4:30)
&1 Step Fwd on R, Step Fwd on L and Spiral Turn Full Turn R

Step Fwd with Sweep 1/8 R, Jazz Box Cross, Point with Dip, Drag 1/4 L, Rock Fwd, Step Back, Full Turn L with Sweep

2 Step Fwd on R Sweeping L Around Squaring Up to Back Wall (6:00)
3&4& Cross L Over R, Step Back on R, Step L to L Side, Cross R Over L***Restart Point
5 Point L to L Side Dipping Down by Bending R knee
6 Come Up Dragging L to R Turn 1/4 Turn L Step L Next to R (3:00)
7&8 Rock Fwd on R, Recover on L, Step Back on R
&1 1/2 Turn L Step Fwd on L, 1/2 Turn L Step Back on R Sweeping L from Front to Back

Behind-Side, Diamond Shape 1/2 Turn R, Cross Rock, Full Turn L

2&3 Step L Behind R, Step R to R Side, 1/8 Turn R Step Fwd on L (4:30)
4&5 Step Fwd on R, 1/8 Turn R Step L to L Side, 1/8 Turn R Step Back on R (7:30)
6& Step Back on L, 1/8 Turn R Step R to R Side (9:00)
7& Cross Rock L Over R, Recover on R
8&1 1/4 Turn L Step Fwd on L, 1/2 Turn L Step Back on R, 1/4 Turn L Step L to L Side

Back Rock, Side Rock, Cross Rock, 1/4 Turn R, Step Pivot 1/2 R, Rock Fwd, Back, Together

2& Rock Back on R, Recover on L
3& Rock R to R Side, Recover on L
4&5 Cross Rock R Over L, Recover on L, 1/4 Turn R Step Fwd on R (12:00)
6& Step Fwd on L, Pivot 1/2 Turn R (6:00)
7& Rock Fwd on L, Recover on R
8& Step L Back and slightly to L Side, Step R Next to L

Restart: 5th Wall Section 2, replace the R cross from the Jazzbox cross (count 3&4&) in a R step next to L and restart from count 1 (6:00)

Contact: dansenbijria@gmail.com