

Sunshine

COPPER **NOB**
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Kelli Haugen (NOR) & Annabelle HUE (FR) - February 2016
音樂: Ain't No Sunshine - Lighthouse Family



Intro: 16 counts after the beat kicks in...

WALK X2, BALL, CROSS, TOUCH/HIP, ½ TURN HIP ROLL, TOUCH/HIP, HOLD, BALL, STEP

- 1,2&3,4 Step forward on RF, LF, step diagonally forward right on the ball of RF, step forward on LF, touch right toe forward bumping hip diagonally right
- 5,6,7&8 Hip roll ½ turn left on RF (6:00), touch left toe forward bumping hip diagonally left, hold, step left toe ball next to right foot, step forward on RF

STEP, ¾ TURN RONDE, PRESS, RECOVER/SWEEP, STEP BACK/SWEEP, STEP BACK/HITCH, ROCK, RECOVER/HITCH, BALL, STEP

- 1,2,3,4 Step forward on LF, ¾ turn left on LF sweeping RF from back to front (9.00), press right ball forward, recover back on LF sweeping RF from front to back
- 5,6&7&8 Step back on RF sweeping LF from front to back, step back on LF hitching right knee, rock forward on RF, recover back on LF hitching right knee, step right ball next to LF, step forward on LF

STEP, ½ TURN, BALL, TOUCH, STEP, TOUCH, BALL, ¼ TURN SLIDE, HOLD, WEAVE

- 1,2&3&4& Step forward on RF, ½ turn left (weight on RF) (3.00), step in place on left toe ball, touch right toe next to LF, step back on RF, touch left toe forward, step left ball next to RF
- 5,6,7&8 ¼ turn left slide right on RF (12.00), hold, cross LF behind RF, step right on RF, cross LF in front of RF

¾ TURN, SWEEP, SAILOR STEP, STEP BACK X2, ROCK BACK, RECOVER, STEP

- 1,2,3&4 ¾ turn right on LF (9.00), sweep RF from front to back, cross RF behind LF, step left on LF, step slightly back on RF (swivel left toes to left)
- 5,6,7&8 step back on LF (swivel right toes to right), step back on RF (swivel left toes to left), rock back on LF, recover on RF, step forward on LF

Restart: In wall 3 in section 3, after count 4&, start again facing 9:00.

This song has a special meaning for us...we hope you will enjoy our creation

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Lasz Update - 30th April 2017