

# Pockets Full of Sunshine

**COPPER KNOB**  
STEP SHEETS

拍數: 32                      牆數: 4                      級數: Improver  
編舞者: Frederick Fung (CAN) - May 2017  
音樂: Pocketful of Sunshine - Natasha Bedingfield



## Musical Introduction: 16 Counts

### Section 1: Chasse R, LF Rock back, RF Recover, Chasse L, RF Rock back, LF Recover (12:00)

1&2                      Step RF to side, close LF next to RF (&), step RF to side  
3, 4                      LF Rock back, RF Recover  
5&6                      Step LF to side, close RF next to LF (&), step LF to side  
7, 8                      RF Rock back, LF Recover

### Section 2: RF Toe Heel Cross, LF Step fwd, RF Charleston fwd & back, LF Charleston back & fwd

1-3                      RF Toe, Heel, Step slightly cross forward  
4                      LF step forward in front of RF  
5-6                      Sweep R toe forward, sweep RF back  
7-8                      Sweep L toe backward, sweep LF forward

### Section 3: RF Step R, R Hip Ball Change, ¼ turn L, Step LF side, RF hitch above ankle, Chasse R

1                      Step RF to R with slight knee bent  
2                      Swing right hip to right to straighten RF up  
3                      Close LF next to RF,  
&                      Press LF ball hard to make ¼ turn to left  
4                      RF step forward (with RF pointing 12:00 and head facing 9:00)  
5                      Make ¼ turn to right, LF steps side to left(facing 12:00)  
6                      RF hitch above LF lower calf  
7&8                      Step RF to side, close LF next to RF, step RF to side

### Section 4: □LF Step down, RF Jive kick cross, RF Step down, LF Toe point cross, 1/4 turn L, LF Jive walk, 1/4 turn L, RF Jive walk, 1/4 turn L, LF Step lock step

1, 2                      LF step down in place, RF kicks towards 11:00  
3, 4                      RF step down in place, LF toe point towards 1:00  
5                      Make 1/4 turn L, LF Jive walk forward (RF hitch above lower calf)  
6                      Make 1/4 turn L, RF Jive walk forward (LF hitch above ankle)  
7&8                      Make 1/4 turn L, step LF forward, lock RF behind LF, step LF forward

## REPEAT

**TAG – At the end of Wall #6 facing 6:00, add the following 4 counts for LF and RF:**

1 - 4                      Twist left (1), Twist right (2), Twist left (3), Twist right (4) or

**Disco R(1-2) and Disco L(3-4)**

**ENDING on WALL #10 after dancing up to 20 counts.**

**ENJOY THIS LINE DANCE UNTIL YOUR HEART AND SOUL ARE TOUCHED BY “POCKETS FULL OF SUNSHINE”!**

**For Song & Step Sheet, please contact: [Passionff0118@gmail.com](mailto:Passionff0118@gmail.com)**

**Last Update – May 6, 2017**