

Sunny Days

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Francien Sittrop (NL) - August 2017
音樂: Sunny Days (feat. Josh Cumbee) - Armin van Buuren



Intro: After 32 counts from the beginning

[1 - 8] Rock fwd, Coaster step, Step fwd, Heel swivels, Behind , Side, Cross

1 - 2 Rock R fwd, Recover on L
3 & 4 Step R back, Step L next to R, Step R fwd
5 & 6 Step L fwd, Swivel Heels out and in
7 & 8 Step L behind R, Step R to R side, Step L across R

[9-16] ¼ Turn R, ½ Turn R, ¼ R into Side, Shuffle, Mambo step fwd, Coastercross

1 - 2 ¼ Turn R step R fwd, ½ Turn R step L back
3 & 4 ¼ Turn R step R to R side, Step L next to R, Step R to R side (12.00)
5 & 6 Rock L fwd, Recover on R, Step L next to R
7 & 8 Step R back, Step L next to R, Step R across L

[17-24] ¼ Turn R with Toe Strutt, ¼ Turn R with Side Shuffle, Cross, Side, Sailor step

1 - 2 ¼ Turn R Step back on L toe, Step Heel down
3 & 4 ¼ Turn R step R to R side, Step L next to R, Step R to R side
5 - 6 Step L across R, Step R to R side
7 & 8 Step L behind R, Step R to R side, Step L fwd

[25-32] Step fwd, ½ Turn L, Step Fwd, ½ Turn L , Jazz Box ¼ R

1 - 2 Step R fwd, Pivot ½ Turn L (06.00)
3 - 4 Step R fwd, Pivot ½ Turn L (06.00)
5 - 8 Step R across L, ¼ Turn R Step L back, Step R to R side, Step L fwd (09.00)

[33-40] Stomp, Touch, Point L, ¼ Turn L, Coasterstep, Shuffle fwd

1 - 2 Stomp R fwd, Touch L next to R
3 - 4 Point L to L side, Make ¼ Turn L (weight stays on R) (06.00)
5 & 6 Step L back, Step R next to L, Step L fwd
7 & 8 Step R fwd, Step L next to R, Step R fwd

[41-48] Rock, Recover, Triple Turn L, Cross , ¼ R step L Back, Side Shuffle

1 - 2 Rock L fwd, Recover on R
3 & 4 Triple Turn L with L, R, L (option: Coasterstep)
5 - 6 Step R across L, ¼ Turn R Step L back
7 & 8 Step R to R Side, Step L next to R, Step R to R Side (09.00)

[49-56] Heel Switches L & R, Rock, Recover, Shuffle ½ Turn L

1&2& Touch L heel fwd, Step L next to R , Touch R heel fwd, Step R next to L
3&4& Point L to L side, Step L next to R, Point R to R side, Step R next to L
5 - 6 Rock L fwd, Recover on R
7 & 8 ¼ Turn L step L to L side, Step R next to L, ¼ Turn R step L fwd (03.00)

[57-64] Fwd, Touch, Kickball step, Rock, Recover, Coaster Step

1 - 2 Step R Diagonally fwd, Touch L next to R
3 & 4 Kick L fwd, Step L down, Step R fwd
5 - 6 Rock L fwd, Recover on R

7 & 8 Step L back, Step R next to L , Step L fwd

Tag: During wall 3 after count 32. Then start again with count 1

1 - 4 Rocking chair

1 - 4 Rock R fwd, Recover on L, Rock R back, Recover on L

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