

Sunshine Lover (陽光情人) (zh)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Nina Chen (TW) - 2018年02月
音樂: Sunshine Lover - Daniel Boone



Intro: 16 counts

Sec1: SIDE - TOUCH, L CHASSE, CROSS - SIDE, BEHIND - SIDE - CROSS

1-2, 3&4 Step RF to R - Touch LF beside RF, Step LF to L - Step RF beside LF - Step LF to L
5-6, 7&8 Cross RF over LF - Step LF to L, Cross RF behind LF - Step LF to L - Cross RF over LF
1-2, 3&4 右足右踏 - 左足點於右足旁, 左足左踏 - 右足併踏左足旁 - 左足左踏
5-6, 7&8 右足前跨 - 左足左踏, 右足後跨 - 左足左踏 - 右足前跨

Sec2: SIDE ROCK - RECOVER, CROSS SHUFFLE, BACK SHUFFLE 1/4 L, FWD SHUFFLE 1/2 L

1-2, 3&4 Rock LF to L - Recover onto RF, Cross shuffle (L R L)
5&6, 7&8 Back shuffle 1/4 turn L (9:00), Fwd shuffle 1/2 turn L (3:00)
1-2, 3&4 左足左下沉 - 重心回右足, 前跨交換步 (左 右 左)
5&6, 7&8 後交換步 (右 左 右) 向左轉 1/4 (9:00), 前交換步 (左 右 左) 向左轉 1/2 (3:00)

Sec3: CROSS SHUFFLE, BACK SHUFFLE, R CHASSE, CROSS SHUFFLE

1&2, 3&4 Cross shuffle (R L R), Back shuffle (L R L)
5&6, 7&8 Step RF to R - Step LF beside RF - Step RF to R, Cross shuffle (L R L)
1&2, 3&4 前跨交換步 (右 左 右), 後交換步 (左 右 左)
5&6, 7&8 右足右踏 - 左足併踏右足旁 - 右足右踏, 前跨交換步 (左 右 左)

Sec4: MONTEREY 1/2 TURN R, FWD MAMBO, BACK MAMBO

1-4 Touch RF to R - On ball of LF 1/2 turn R (9:00) step RF beside LF - Touch LF to L - Step LF beside RF
5&6, 7&8 Rock RF fwd - Recover onto LF - Step RF beside LF, Rock LF back - Recover onto RF - Step LF beside RF
1-4 右足右側點 - 左足向右墊轉1/2 (9:00) 右足併踏左足旁 - 左足左側點 - 左足併踏右足旁
5&6, 7&8 右足前下沉 - 重心回左足 - 右足併踏左足旁, 左足後下沉 - 重心回右足 - 左足併踏右足旁

Tag : After wall 4 (12:00)

CROSS SHUFFLE, BACK SHUFFLE, R CHASSE, CROSS SHUFFLE

1&2, 3&4 Cross shuffle (R L R), Back shuffle (L R L)
5&6, 7&8 Step RF to R - Step LF beside RF - Step RF to R, Cross shuffle (L R L)
1&2, 3&4 前跨交換步 (右 左 右), 後交換步 (左 右 左)
5&6, 7&8 右足右踏 - 左足併踏右足旁 - 右足右踏, 前跨交換步 (左 右 左)

Have Fun & Happy Dancing !!!

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