Liquid Sunshine



拍數: 32 牆數: 4 級數: Improver / Intermediate

編舞者: Raymond Sarlemijn (NL) & Ira Weisburd (USA) - November 2020

音樂: Have You Ever Seen the Rain - Dr. Victor & The Rasta Rebels



Intro: 24 counts. Start at approx. 16 sec. - 2 RESTARTS @ 12:00 *

PART I. (FORWARD, LOCK, STEP; FORWARD, LOCK, STEP; CROSS, RECOVER, SIDE, RECOVER, CROSS, RECOVER, 1/2 R TURN)

1&2 Step R forward , Step L behind R, Step R forward3&4 Step L forward, Step R behind L, Step L forward

5&6& Step R across L, Recover back onto L, Step R to R, Step L to L

7&8 Step R across L, Recover back onto L, Step R to R making 1/4 R Turn (3:00)

PART II. (1/2 R SHUFFLE TURN, R SAILOR STEP; CROSS SAMBA, FORWARD, 1/2 R TURN)

1&2 Step L forward making 1/4 R Turn (6:00), Step R beside L, Step L back making 1/4 R Turn

(9:00)

3&4 Step R back, Step L to L, Step R to R5&6 Step L across R, Step R to R, Step L to L

7-8 Step R forward, Step L back making 1/2 R Turn (3:00)

PART III. (SIDE SHUFFLE, L SAILOR STEP; BACK, SIDE, KICK, STEP, KICK, STEP, KICK, STEP)

1&2 Step R to R, Step L beside R, Step R to R3&4 Step L back, Step R to R, Step L to L

5&6& Step R back, Step L to L, Kick R to R, Step R beside L7&8& Kick L to L, Step L beside R, Kick R forward, Step R beside L

PART IV. (FORWARD SHUFFLE STEP, PIVOT 1/2 L TURN, SHUFFLE 1/2 L TURN, COASTER STEP)

1&2 Step L forward, Step R beside L, Step L forward

3-4 Step R forward, Pivot 1/2 L onto L (9:00)

5&6 Step R forward making 1/4 L turn (6:00), Step L beside R, Step R back making 1/4 L turn

(3:00)

7&8 Step L back, Step R beside L, Step L forward

REPEAT DANCE.

*RESTART #1: On Wall 4 (facing 9:00): Dance Part I. II. and Part III. 1-8, then Restart facing 12:00.

*RESTART #2: On Wall 8 (facing 9:00): Dance Part I. and Part II., then Restart facing 12:00.

*NOTE: On Wall 3 & 7 (6:00): PART I. Counts 1-4

Stomp R to R with both arms down to R, hold; Stomp L to L and raise both arms up to L, hold

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Last Update - 30 March 2021