

Sunshine, Lollipops and Rainbows

COPPERKNOB
STEPSHEETS

拍數: 76 牆數: 1 級數: Improver
編舞者: Hiroko Carlsson (AUS) - April 2021
音樂: Sunshine, Lollipops and Rainbows - Lesley Gore : (Spotify)



(Dance starts on lyrics)

[S1] 2x Side Rock-Behind-Side-Cross

1 2 Rock R to the side, Recover weight on L
3&4 Step R behind L, Step L to the side, Cross R over L
5 6 Rock L to the side, Recover weight on R
7&8 Step L behind R, Step R to the side, Cross L over R (12:00)

[S2] 2x Fwd Rock-Coaster Step

1 2 Rock forward on R, Recover weight on L
3&4 Step back on R, Step L next to R, Step forward on R
5 6 Rock forward on L, Recover weight on R
7 8 Step back on L, Step R next to L, Step forward on L (12:00)

[S3] 3x Step-Paddle Turn, Quick Paddle Turn-Together

1 2 Step forward on R, Make a 1/4 turn left recover weight on L (9:00)
3 4 Step forward on R, Make a 1/4 turn left recover weight on L (6:00)
5 6 Step forward on R, Make a 1/4 turn left recover weight on L (3:00)
7&8 Step forward on R, Make a 1/4 turn left recover weight on L, Step R together (12:00)

[S4] 3x Step-Paddle Turn, Quick Paddle Turn-Together

1 2 Step forward on L, Make a 1/4 turn right recover weight on R (3:00)
3 4 Step forward on L, Make a 1/4 turn right recover weight on R (6:00)
5 6 Step forward on L, Make a 1/4 turn right recover weight on R (9:00)
7&8 Step forward on L, Make a 1/4 turn right recover weight on R, Step L together (12:00)

[S5] Charleston Step

1 2 3 4 Touch R forward, Step back on R, Touch L back, Step forward on L
5 6 7 8 Touch R forward, Step back on R, Touch L back, Step forward on L (12:00)

[S6] Figure 8-Hitch

1 2 Step R to the side, Cross L behind R
3 4 Make a 1/4 turn right stepping forward on R, Step forward on L
5 6 Make a 1/2 turn right transferring weight to R, Make a 1/4 turn right and step L to the side
7 8 Cross R behind L, Hitch L (12:00)

[S7] Figure 8-Hitch

1 2 Step L to the side, Cross R behind L
3 4 Make a 1/4 turn left stepping forward on L, Step forward on R
5 6 Make a 1/2 turn left transferring weight to L, Make a 1/4 turn left and step R to the side
7 8 Cross L behind R, Hitch R (12:00)

[S8] Fwd Rock-1/2R Shuffle Fwd, Fwd Rock-1/2L Shuffle Fwd

1 2 Rock forward on R, Recover weight on L
3&4 Make a 1/2 turn right shuffle forward on R-L-R (6:00)
5 6 Rock forward on L, Recover weight on R
7&8 Make a 1/2 turn left shuffle forward on L-R-L (12:00)

[S9] 2x Side Rock-Cross Shuffle

1 2 Rock R to the side, Recover weight on L
3&4 Cross R over L, Step L close to R, Cross R over L
5 6 Rock L to the side, Recover weight on R
3&4 Cross L over R, Step R close to L, Cross L over R (12:00)

[S10] K Step

1 2 Step R to right front diagonal, Touch L beside R
3 4 Step L to left back diagonal, Touch R beside L
5 6 Step R to right back diagonal, Touch L beside R
7 8 Step L to left front diagonal, Touch R beside L (12:00)

[S10] V Step

1 2 Step R to right front diagonal, Step L to left front diagonal,
3 4 Step R back to centre, Step L back to centre (12:00)

Ending: Walk forward on R-L-R-L (1 2 3 4), Walk back on R-L-R-L (5 6 7 8), then Step R together.

**Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
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