

Feel Good Sunshine

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Melissa Lau (NZ) - March 2023
音樂: Walking On Sunshine - Katrina and the Waves : (Album: Bierzelt Hits 2022)



Alt. Music: Southern Streamline - John Fogerty

Intro: 32 counts, start on vocals (for 'Walking On Sunshine')

Intro: 16 counts, start on vocals (for 'Southern Streamline')

CHARLESTON (x 2)

1, 2 Sweep R to front and touch R fwd, sweep R to back and step R back (12:00)
3, 4 Sweep L from front to back and touch L back, sweep L to front and step L fwd
5, 6 Sweep R from back to front and touch R fwd, sweep R to back and step R back
7, 8 Sweep L from front to back and touch L back, sweep L to front and step L fwd

HEEL TAPS, BEHIND-SIDE-CROSS, HEEL TAPS, BEHIND- ¼ -FWD

1, 2 Touch R heel diagonal right fwd (twice)
3&4 Step R behind L, step L to side, step R across L
5, 6 Touch L heel diagonal left fwd (twice)
7&8 Step L behind R, turn ¼ right stepping R fwd, step L fwd (3:00)

WALK R-L, FWD MAMBO, BACK L-R, COASTER

1, 2 Step R fwd, step L fwd,
3&4 Rock R fwd, recover weight on L, step R slightly back
5, 6 Step L back, step R back
7&8 Step L back, step R next to L, step L fwd

TOE-HEEL-STOMP (x 4)

1&2 Touch R toe to L-instep with knee in, tap R heel slightly fwd, stomp R fwd
3&4 Touch L toe to R-instep with knee in, tap L heel slightly fwd, stomp L fwd
5&6 Touch R toe to L-instep with knee in, tap R heel slightly fwd, stomp R fwd
7&8 Touch L toe to R-instep with knee in, tap L heel slightly fwd, stomp L fwd

* ENDING: after 16 counts, facing the front

Choreographed for Relay For Life 2023, Taranaki, NZ

Last Update: 9 Jul 2024