Sunshine Through the Rain



拍數: 64 牆數: 2 級數: Intermediate

編舞者: Amy Glass (USA) - March 2023 音樂: Lucky Day - Louis II: (iTunes)



#16 Count Intro. Last 16 counts changes when dance starts on back walls (2, 4, 6)

1-2 Step RF forward and out, LF out

3&4 Step RF Back, Lock LF in front of RF, Step RF back5&6 Step LF back, Close RF next to LF, Step LF Fwd

7-8 Walk Fwd R, L

[9-16] Push R Hip Fwd w/ Rock, Recover, Fwd, Turn ½ L w/ Flick, Walk x2, & Lock, Unwind ¾ L

1-2 Step RF Fwd with a rock fwd (push RF fwd with body angled toward 9:00 wall), Recover

weight back on L

3-4 Rock RF fwd with hip, Turn ½ L weighting LF (option flick R heel back) (6:00)

5-6 Walk Fwd R, L

&7-8 Step RF fwd, Lock LF behind RF, Unwind ¾ L weighting LF (9:00)

[17-24] Dorothy x2, Step Pivot ½ L, Camel Walk x2

1-2& Step RF to R diagonal, Lock LF behind R, Step RF to R diagonal
3-4& Step LF to L diagonal, Lock RF behind L, Step LF to L diagonal

5-6 Step RF fwd, Pivot ½ L (3:00)

7-8 Walk fwd on RF while popping L knee, Walk fwd on LF while popping R knee

[25-32] Press, Recover w/ Sweep, 1/4 L weave, Step, Flick, Step, Hook, Shuffle Fwd

1-2 Press RF slightly in front of LF, Recover weight on LF while sweeping RF front to back

3&4 Cross RF behind LF, Turn ½ L stepping LF fwd, Step RF fwd (12:00)

5& Step LF fwd, Flick R heel behind L knee
6& Step RF back, hook L heel in front of R knee
7&8 Step LF fwd, Close RF next to LF, Step LF fwd

[33-40] Kick & Rock & Kick & Rock & Cross & Cross & Cross, 1/4 L

1&2& Kick RF fwd, Close RF next to LF, Rock LF to L side, Recover weight on R3&4& Kick LF fwd, Close LF next to RF, Rock RF to R side, Recover weight on L

5&6& Cross RF over LF, Step LF to L, Cross RF over LF, Step LF to L

7-8 Cross RF over LF, Pivot ¼ L weighting L (9:00)

[41-48] Cross Samba x2, Step Pivot ½, Walk x2

1&2 Cross RF over LF, Rock LF to L, Recover weight on R
 3&4 Cross LF over RF, Rock RF to R, Recover weight on L

5-6 Step RF fwd, Pivot ½ L (3:00)

7-8 Walk fwd R, L

[49-56] & Close 1/4 L, Hold x3, (Back) Out Out, Hold x3

&1 Turn ¼ L while stepping R to R, Close LF next to RF (12:00)

2-3-4 Hold still in place for 3 counts (option to pose with arms/hands where comfortable) (weight L)

&5 Step back & out on RF, Step LF to L

6-7-8 Hold still in place for 3 counts (option to pose with arms/hands where comfortable) (shifting

weight to R)

[57-64] Ball Step Fwd, Bounce x3 with ½ L, R Jazz Box

&1 Close LF next to RF, Step RF fwd

2-3-4 Bounce both heels x3 while turning ½ L (weight L) (6:00)

5-6-7-8 Cross RF over LF, Step back on LF, Step RF to R, Step LF fwd

When starting dance facing 6:00 (walls 2, 4, 6), please replace the last 16 with the following: [49-56] &Close with ¼ L, Bounce x4 (with "Madden" Arms), Sailor R, Sailor L

&1 Turn ¼ L while stepping R to R, Close LF next to RF (6:00) (Bounce body and begin arms on

count 1)

2-3-4 Bounce body in place x3 more counts finishing with weight on L

**"Madden" Arms: Keep hands open, arms bent at the elbows. Start with L arm horizontal with L fingers touching R elbow. R fingers should be pointing to the sky (1). Switch arms so R arm is horizontal with R fingers touching L elbow.L fingers should be pointing to the sky (2). Repeat for counts 3, 4.

Step RF behind LF, Step LF to L, Step RF to RStep LF behind RF, Step RF to R, Step LF to L

[57-64] 1/4 Pivot L x2, R Jazz Box

1-2 Step RF fwd, Pivot ¼ L (3:00) 3-4 Step RF fwd, Pivot ¼ L (12:00)

5-6-7-8 Cross RF over LF, Step back on LF, Step RF to R, Step LF fwd

Ending (Wall 7)

Begin dance facing 12:00. Dance through count 15, unwind ½ L to face 12:00.