

Sunshine

拍數: 24 牆數: 4 級數: Phrased Beginner
編舞者: Casey Lee Lowe (DE) - November 2023
音樂: Blame It On the Boogie - The Jacksons



The dance starts after a 32 count intro – start with the vocal

Part A - 8 Count (all 4 Walls)

Part B – 16 Count (12 o'clock and 6 o'clock Wall)

Sequence: A,A,A,A, B,B, A,A,A,A, B,B, A,A,A,A, B,B, A,A,A,A, A,A,B,B, A,A,A,A, B,B,B,B

The first 6-B sequences are to be danced at 12 o'clock

The last 6-B sequences are to be danced at 06 o'clock

Important: after the first two B sequenced at 06 o'clock, you will be dancing Part A four times even though the vocal is the Music of Part B.

Part A:

Vine right touch clap, vine left ¼ turn, touch double clap

- 1-2 Step RF to the right – cross LF behind RF
- 3-4 Step RF to the right – touch LF next to RF and clap
- 5-6 Step LF to the left - cross RF behind LF
- 7&8 ¼ turn to the left, stepping forward on LF – touch RF next to left and clap twice.

Repeat until back to 12 o'clock

Part B:

To the vocals „Don't Blame it on the Sunshine”:

- 1-4 Circle both arms from the bottom to the top (in to out) and imitate a rising sun. (4 counts)

To the vocals "Don't Blame it on the Moonlight”:

- 5 Put left hand in left hip – point right index finger to left hip
- 6 leave left hand in left hip – stretch you right arm up right and point right index finger up
(you know this move from John Travolta in Saturday Night Fever)
- 7-8 repeat counts 5 and 6

To the vocals "Don't Blame it on the Good Times”:

- 1&2& Swing your hips to left corner - from back to front twice, while pulling/pushing both arms to and from your hips. (romantic intimation of „Good Times“)
- 3&4& Swing your hips to right corner - from back to front twice, while pulling/pushing both arms to and from your hips. (romantic intimation of „Good Times“)

To the vocals "Don't Blame it on the “Boogie”:

- 5&6&7&8 Shake you entire body to the music – “Shimmy Moves”

I've been teach this dance for more than ten year at different occasions, like weddings and birthday parties. It's a fun dance everybody can learn very quickly. I hope you like it.

Have fun and keep on smiling! ☐

Contact: info@caseyslinedance.de or www.caseyslinedance.de