Sunshine Day Cha

級數: Beginner

編舞者: Isabel Payeras (ES) - June 2024

音樂: Sunshine Day - Ballroom Orchesta & Singers

Hoja redactada por Marita Torres

拍數: 32

WALK FORWARD X 3, SHUFFLE FORWARD, ROCK RECOVER, SHUFFLE ½ TURN

- 1-2-3 LF forward, RF forward, LF forward
- 4&5 RF forward, LF next to RF, RF forward
- 6-7 LF rock forward, recover to RF
- 8&1 LF ¼ left, RF next to left, ¼ left LF forward

BOTAFOGO X 2, STEP TURN ½, STEP FORWARD X 2

- 2&3 RF cross over LF, LF to left side, RF to right side
- 4&5 LF cross over RF, RF to side right, LF to side left
- 6-7 RF forward, ¹/₂ turn left,
- 8-1 RF forward, LF forward

TOUCH, TOUCH, KICK STEP, DIP DOWN AND UP x 2,

- 2&3& RF touch toe next to LF, RF next to LF, LF touch forward, LF next to RF
- 4&5 RF kick forward, RF forward, LF touch forward
- 6-7 Down, up,
- 8-1 Down, up

CHASSE RIGHT, 1/2 TURN RIGHT, CHASSE LEFT, SAILOR STEP, ROCK BACK RECOVER, STEP FORWARD

- 2&3 RF to side right, LF next to RF, RF to side right
- 4&5 ¹/₂ turn right LF to side left, RF next to RF, LF to side left
- 6&7 RF behind LF, LF to side left, RF to side right
- 8&1 LF behind RF, recover to RF to side right, LF forward





牆數: 2