My AB Sunshine

拍數: 32

級數: Absolute Beginner

編舞者: Becky Hawthorne (USA) - December 2024

音樂: You Are My Sunshine - Adam Holmes

Intro: 32 counts. Dance starts on the word "night".

No tags, no restarts

Section 1: FWD, TOGETHER, BACK ROCK, FWD, TOGETHER, BACK ROCK

- Step RF forward, Step LF next to RF 1, 2
- 3, 4 Rock back onto RF, Recover weight forward on LF
- 5,6 Step RF forward, Step LF next to RF
- Rock back onto RF, Recover weight forward on LF 7,8

Optional styling counts 3 and 7: As weight lands back on the RF, lift LF for a low kick

Section 2: SIDE, TOGETHER, BOUNCE HEELS, SIDE, TOGETHER, BOUNCE HEELS

- 1, 2 Step RF to R side, Step LF next to RF
- 3, 4 Bounce on both heels two times
- 5,6 Step LF to L side, Step RF next to LF
- 7,8 Bounce on both heels two times

Section 3: BACK, TOGETHER, HEEL, TOGETHER, BACK, TOGETHER, HEEL, TOGETHER

- Step RF back, Step LF next to RF 1, 2
- Touch R heel fwd, Step RF next to LF (Opt. styling count 3: Turn head and upper body to R) 3, 4
- 5.6 Step LF back, Step RF next to LF
- Touch L heel fwd, Step LF next to RF (Opt. styling count 7: Turn head and upper body to L) 7,8

Section 4: VINE WITH 1/4 TURN, SIDE, TOUCH, SIDE, TOUCH

- 1, 2 Step RF to R side, Step LF behind R
- 3, 4 1/4 Step RF forward (3:00), Step LF next to RF
- 5,6 Step RF to R side, Touch LF next to RF
- Step LF to L side, Touch RF next to LF 7,8

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牆數:4