Sunshine

拍數: 64

級數: Intermediate

編舞者: Rita M. Kyle (USA)

音樂: Baby Keep Smiling - Lou Bega

"Baby Keep Smiling" has a click at the beginning. Start dancing 4 counts after the click. Special thanks to Lana Harvey and Pollie Evans

CHARLESTON SWINGS

- 1-4 Touch right forward, hold, swing right back behind left, taking weight, hold
- 5-8 Swing left back toe touch, hold, swing left forward of right with step to original position, hold
- 9-16 Repeat 1-8

STEPS RIGHT AND LEFT WITH SHIMMY

- 17-18 Short step right with right, bring left to right
- 19-20 Long step right with right, drag left to right, shimmy shoulders
- 21-22 Short step left with left, bring right to left
- 23-24 Long step left with left, drag left to right, shimmy shoulders

BALL SLIDES, CLAPS, SNAPS

Balance weight on left with little weight quickly shifted to right to slide left back

- 25& Slide ball of right back to instep of left, slide left back slight past right
- 26&27& Repeat 25&
- 28 Step right beside left
- 29-30 Clap twice at chest
- 32-32 Snap fingers twice at chest

TOUCH TURNS

- 33-34 Step forward with right, touch left by right (no claps!!)
- 35-36 Step left to left turning right ¼, touch right by left
- 37-38 Step right to right turning right ¼, touch left by right
- 38-40 Step left to left turning right ¼, touch right by left

FORWARD HEEL STRUTS

- 41-42 Step forward on right heel, drop toe
- 43-44 Step forward on left heel, drop toe
- 44-48 Repeat 41-44

STEP TOUCH, BOW

- 49-50 Step back with right, touch left beside right
- 51-52 Step back with left touch right tip of boot beside left, bow as point tip (knee will be flexed)
- 53-54 Step back with right, touch left beside right
- 55-56 Step back with left, touch right tip of boot across left, bow as touch tip (face looks at floor on bow)
- & Weigh to ball of right

CROSS SCOOTS, CLAPS, SNAPS

- 57& Scoot right back as lift left
- 58& Step ball of left across right scoot left back as lift right
- 59& Step ball of right across left, scoot right back as lift left
- 60& Step left across right, scoot left back as lift right
- 61-62 (Ease right to floor) clap hands twice at chest





牆數:4

63-64 Snap fingers twice at chest

REPEAT