

Sunshine

拍數: 32 牆數: 2 級數:
編舞者: Barry Durand (USA)
音樂: Ain't No Sunshine - Lighthouse Family



Use the version of the song from the Notting Hill Sound Track. You can use other versions, but watch the bonus step as Bill Withers and Van Morrison both do 4 extra counts

COUNTS TAP, TAP, STEP, JAZZ BOX, TURN RIGHT, MAMBO STEP

- 1&2 On a slight diagonal tap left 2 times and step left
3&4 Jazz box by crossing right over left, back left, $\frac{1}{4}$ turn right and step forward right toward 3:00
5-6 Full turn right stepping left, right
7&8 Mambo step by rocking forward left, recover in place right, step together left

SYNCOPATED BACK LOCK WITH COASTER, WALKS, MAMBO STEP TURN

- 1&2& Back right, lock in front left, back right, back left
3&4 Coaster step back right, together left, forward right
5-6 Walk forward left, forward right
7&8 Mambo step by rocking forward left, recover in place right, turn $\frac{1}{2}$ left while stepping on left

$\frac{3}{4}$ TURN RONDE', SAILOR, KICK STEP CROSS, BODY ROLL, ROCK STEP

- 1- Turn $\frac{1}{4}$ turn left while stepping on right and ronde left around while turning another $\frac{1}{2}$ turn left (all this $\frac{3}{4}$ turn happens on count 1)
2&3&4 Sailor step by crossing back left, step side right, kick left, step left, cross in front right
5-6-7 $\frac{1}{4}$ turn left and step forward with left ball of foot but it really is a press rather than full weight step, body roll from top to bottom

Or just hip bump forward 6, back 7

- &8 Rock back left, recover forward right

KICK & LOCK STEP, $\frac{1}{4}$ MONTEREY TYPE STEP TAP TURN OR APPLE JACK TURN

- 1&2& Kick forward left, step left, lock behind right, step slightly forward left
3&4& Kick forward right, step right, lock behind left, step slightly forward right

Tap or step side on 5 depending on whether you do turning step taps or apple jacks

- 5-6&7&8 Step tap turn. Tap side left on 5, draw left together and turn $\frac{1}{4}$ turn left like a Monterey turn (6) and step left together on &, tap right on 7, step right on &, tap together left on 8

APPLE JACK OPTION:

- 5-6&7&8 Step side left with toes out (5). Weight on ball of left and heel of right bring knees and toes in, transfer weight to right ball of foot, left heel and push knees and toes out
5-6&7&8 This apple jack motion continues and circles $\frac{1}{4}$ turn left. You can do it either 5, 6&7&8 or single counts 5-8

REPEAT

TAG

At the end of the second time through on counts 29-32

- 1-12 Just keep doing what you are doing, either apple jacks or step taps making a full circle in 12 counts - make sure to end on your right that means to step right on 12

HARDER OPTION

I like to make a full turn to my left mostly in place (chaine or cross unwind) turn $\frac{1}{4}$ left step left on 11, stepping on right turn $\frac{3}{4}$ turn 12 (next tap side 1) if you try this from the apple jack turn, you have to make sure to transfer weight to right on 10

- 1-2-3&4 Then tap side left (1), hold 2, coaster step 3&4 by stepping back left, together right, forward left
- 5-8 Pivot turn to the left by stepping forward right, turn $\frac{1}{2}$ left stepping left, step forward right, turn $\frac{1}{2}$ turn right and tap left together
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