Sunshine

拍數: 32

級數: Intermediate

編舞者: Rob Fowler (ES)

音樂: Sunshine - Gabrielle

ROCK & SIDE, COASTER, ROCK, RECOVER, 1 ½ TURN

牆數:4

- Rock left behind right 1
- & Rock forward onto right
- 2 Take long step to left with left
- 3&4 Right coaster step right, left, right
- 5 Rock forward onto left
- 6 Rock back onto right
- 7 Turn ¹/₂ left stepping onto left
- & Turn 1/2 left stepping onto right
- 8 Turn 1/2 left stepping onto left

Alternative: Just do a 1/2 turn triple step on counts 7&8 if you like

MAMBO STEP, COASTER, ¼ LEFT, ½ TURN RIGHT

- 9 Rock forward on right
- & Rock back left
- 10 Right together by left
- 11&12 Left coaster step left, right, left
- 13 Step forward on right foot
- 14 Make a ¼ turn left placing weight on left foot
- 15 Step right foot across left
- & Step left foot to left side
- 16 Make 1/2 turn right stepping right to right side

CROSS ROCK, SIDE SHUFFLE, CROSS ROCK, TURNING RONDE & COASTER

- Rock forward on left across front of right 17
- 18 Rock back on right
- 19 Step left to left side
- & Step right by left
- 20 Step left to left side
- 21 Rock forward on right across front of left
- 22 Rock back on left
- 23 On left foot make a ¼ turn to right sweeping right foot round and stepping back on it
- & Step left by right
- Step forward on right 24

ROCK & RECOVER, COASTER, SHUFFLE FORWARD, TURNS WITH TOUCHES

- 25 Rock forward onto left foot
- 26 Rock back onto right
- 27&28 Left coaster step left, right, left
- 29 Step forward on right foot
- & Step left by right
- 30 Step forward on right foot
- 31 Make a 1/4 turn to right on right touching left toe to left side
- 32 Make a ¹/₂ turn to right on right touching left toe to left side





TUNNEL (NOT A BRIDGE!)

During the third repetition only, having started facing the back wall, dance through to count 24 and then: FULL TURN RIGHT, RONDE INTO SAILOR STEP

- 1 Step forward on left across front of right
- 2 Make a full turn to right on balls of feet ending with weight on left
- 3&4 Sweep the right foot round behind the left into a right sailor step (right, left, right)

Start again from beginning