

Sunshine Polka

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 0 級數:
編舞者: Jan Smith (UK)
音樂: Hearts And Flowers - Dave Sheriff



Position: Side by Side position. Lady's steps opposite unless specified

RIGHT SHUFFLE, LEFT SHUFFLE

1&2 Shuffle forward right, left, right (angle body to left)
3&4 Shuffle forward left, right, left (angle body to right)

RIGHT SHUFFLE, LEFT SHUFFLE

5&6 Shuffle forward right, left, right (angle body to left)
7&8 Shuffle forward left, right, left (angle body to right)

STEP RIGHT PIVOT ½ LEFT PIVOT ¼ LEFT, RIGHT SIDE CLOSE SIDE

9-10 Step right foot forward pivot ½ left (drop hands)
11&12 Pivot ¼ on ball of left, step right to right side, close left to right, step, right to right side
(rejoining hands)

CROSS BEHIND, POINT RIGHT. CROSS IN FRONT, TOUCH LEFT

13-14 Cross left behind right, point right to right side
15-16 Cross right in front of left, touch left by right

POLKA TURNING TO THE RIGHT X3, (TURNING 1 FULL CIRCLE) WALK, WALK

The next three sideways shuffles are danced turning to the right one complete turn. Polka steps are danced in Closed Western Position

17-18 Shuffle sideways and turning, step left to left, close right to left, step left to left
19-20 Shuffle sideways and turning, step right to right, close left to right, step right to right
21-22 Shuffle sideways and, turning, step left to left, close right to left, step left to left
23-24 Walk forward right, left

CROSS BEHIND, STEP SIDE, TOUCH HEEL SIDE, STEP RIGHT

25-26 Cross right behind left, step left to left side
27-28 Touch right heel to side (while angling body to face towards partner), step right beside left
(while angling body back to face LOD)

KICK, STEP BACK, HOOK

29-30 Touch left by right, kick left forward
31-32 Step back onto left, hook right across left

REPEAT