

The Sunshine Sugarfoot

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 1 級數: Intermediate
編舞者: Mat Baker
音樂: Walking On Sunshine - Katrina and the Waves



Sequence: AAB AAB AAB BB

PART A

TOE, HEEL, DOWN, BOUNCE AND BOUNCE, COASTER STEP, STOMP STOMP KICK

- 1-2 Touch right toe to left instep, touch right heel to left instep
- 3-4 Step right directly in front of left, hold
- 5-8 Bounce heels three times while making a ½ turn left, hold
- 9-12 Step left back, right together, forward, hold
- 13-16 Stomp right next to left twice, then kick forward, hold

TOE, HEEL, DOWN, BOUNCE AND BOUNCE, COASTER STEP, STOMP STOMP KICK

- 17-32 Repeat section 1-16 of this section

RIGHT, HITCH, BACK, LEFT, HITCH, BACK, RIGHT, HITCH, BACK, LEFT, HITCH, BACK, TURN

- 1-4 Step right to right side, hitch left, touch left toe back, lift left foot off floor ready for next step
- 5-8 Step left to left side, hitch right, touch right toe back, lift right foot off floor ready for next step
- 9-12 Step right to right side, hitch left, touch left toe back, lift left foot off floor ready for next step
- 13-16 Step left to left side, hitch right, touch right toe back, hitch right foot while making ¼ turn left

RIGHT SHUFFLE, TURN, LEFT SHUFFLE, TURN, RIGHT SHUFFLE, TURN, LEFT SHUFFLE, TURN

- 1-4 Step right to right side, close left together, step right to right side, hitch left while making ¼ turn left
- 5-8 Step left to left side, close right together, step left to left side, hitch right while making ¼ turn left
- 9-12 Step right to right side, close left together, step right to right side, hitch left while making ¼ turn left
- 13-16 Step left to left side, close right together, step left to left side, hitch right while making ¼ turn left

PART B

FORWARD AND CLAP, BACK AND CLAP, FORWARD AND CLAP, SCOOT BACK

- 1-4 Step forward - right, left shoulder width apart, clap, hold
- 5-8 Step back - right, left shoulder width apart, clap, hold
- 9-12 Step forward - right, left shoulder width apart, clap, hold
- 13-15 Scoot back three times on left foot while leaning slightly forward with right foot extended behind
- 16 Hold

TURNING TOE HEEL DOWN, RIGHT SHUFFLE, KICK BALL BACK, LEFT SHUFFLE

- 1-2 Touch right toe behind, make ¼ turn right touching right heel to right side
- 3-4 Make ¼ turn right stomp right in front of left (keeping weight on left), hold
- 5-8 Step right forward, step left together, step right forward, hold
- 9-12 Kick left forward, step left back, step right back, hold
- 13-16 Step left forward, step right together, step left forward, hold

FORWARD AND CLAP, BACK AND CLAP, FORWARD AND CLAP, SCOOT BACK

- 33-48 Repeat section 1-16 of this section

TURNING TOE HEEL DOWN, RIGHT SHUFFLE, KICK BALL BACK, LEFT SHUFFLE

49-64 Repeat section 17-32 of this section

ROCK AND CROSS, ROCK AND CROSS, ROCK AND CROSS, STEP, TURN, POSE

1-4 Rock right to right side, recover onto left, cross right across left, hold

5-8 Rock left to left side, recover onto right, cross left across right, hold

9-12 Rock right to right side, recover onto left, cross right across left, hold

13-16 Step left forward, ½ pivot turn right, jump forward onto left into jazz pose (right foot extend back both arms extended out to the sides, palms down), hold
