

Sunshine Girl

COPPER KNOB
BY STEPHEN HETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Maria Tao (USA) - September 2008
音樂: Sunshine Girl - Herman's Hermits



Cross Walk R & L, Step Fwd, ½ Turn L, Step Fwd; Toe Switches, Heel Switches

- 1& Step right forward & across left, swing both arms to right - looking right & snap fingers
- 2& Step left forward & across right, swing both arms to left - looking left & snap fingers
- 3&4 Step right forward, pivot ½ turn left, step right forward
- 5& Touch left toe forward & across right, step left beside right
- 6& Touch right toe forward & across left, step right beside left
- 7& Touch left heel forward to left diagonal, step left beside right
- 8& Touch right heel forward to right diagonal, step right beside left

Step Fwd, Swivel ¼ Turn R, Swivel ¼ Turn L, Kick, Back Rock, Recover, Step Fwd, 1/8 Paddle Turn (X 2), Step Fwd

- 1-2 Step left forward, pivot ¼ turn right as you swivel heels to left (9:00)
- 3&4& Swivel heels right, swivel heels left, pivot ¼ turn left as you swivel heels to right, kick left forward (6:00)
- 5&6& Rock back on left, recover onto right, step left forward, 1/8 paddle turn left
- 7&8 Step left forward, 1/8 paddle turn left, step left forward (9:00)

Walk Fwd, R Side Mambo; Walk Back; L Side Mambo

- 1-2 Walk right forward, walk left forward
- 3&4 Rock right out to right, recover weight on left, step right beside left
- 5-6 Walk left back, walk right back
- 7&8 Rock left out to left, recover weight on right, step left beside right

Heel Hook, Heel Flick, Shuffle Forward (R & L)

- 1&2& Touch right heel forward, hook right heel across left, touch right heel forward, flick right heel out to right
- 3&4 Step right forward, step left beside right, step right forward
- 5&6& Touch left heel forward, hook left heel across right, touch left heel forward, flick left heel out to left
- 7&8 Step left forward, step right beside left, step left forward

Smile And Enjoy!
