

# Pocketful of Sunshine

**COPPER** KNOB  
STEPSHEETS

拍數: 48      牆數: 4      級數: Improver  
編舞者: Mathias Pflug (DE) - July 2011  
音樂: Pocketful of Sunshine - Natasha Bedingfield



**Intro: 16 counts**

## **Side, Back & Cross Heel & R + L**

1-2            Step right to right - step left back  
&3            Step right to right and left heel touch left diagonally forward  
&4            Left foot next to right and cross right foot over left  
5-6            Step left to left side - step back with right  
&7            Step left to left and right heel touch right diagonally forward  
&8            Step right next to left, cross left over right

## **Forward Rock, Sailor Shuffle With 1/4 Turn Right, Rock Forward, Coaster Step**

1-2            Step forward on right, rock left foot - recover  
3&4            Cross right behind left - 1/4 turn right and step left beside right, step right forward (3 clock)  
5-6            Step forward on left, rock right foot - recover  
7&8            Step left back - step right foot to left, step left forward

## **Shuffle Forward, Rock Forward, Shuffle Back 1/2 Turn Left, Shuffle Forward 1/2 Turn Left**

1&2            Step right forward, step left beside right, step right forward  
3-4            Step forward on left, rock right foot - recover  
5&6            1/4 turn left and stepping left to left - step right beside left, 1/4 turn left and stepping forward on left (9 o'clock)  
7&8            1/4 turn left and stepping right to right - step left beside right, turn 1/4 left and step right back (3 o'clock)

## **Rock Back, Shuffle, Jazzbox With 1/4 Turn Right**

1-2            Step left back - rock RF - recover to right  
3&4            Step left forward - Step right next to left, step - step left forward  
5-6            Cross right over left - 1/4 turn right and step left back (6 o'clock)  
7-8            Step right to right side, step left beside right

## **Chassé, Back Rock, Chassé, Back Rock With 1/4 Turn Right**

1&2            Step right to right - step left foot next to right, step right to right side  
3-4            Step back on left, rock right foot - recover  
5&6            Step left to left - step right beside left, step left to left side  
7-8            1/4 turn right and Step back on right, rock left foot - recover (9 o'clock)

## **Shuffle, Step, Pivot 1/2 R + L**

1&2            Shuffle forward (r - l - r)  
3-4            Step forward left - 1/2 turn right (3 clock)  
5&6            Shuffle forward (l - r - l)  
7-8            Step forward right - 1/2 turn left on left foot, weight on left (9 clock)

**Start Again!**

## **Tag (after the 4th round, 12 clock)**

### **Sway's Hip 2x R + L**

1-2            Step right to right side, hips swinging to the right - swing hips to the left  
3-4            hips to the right swing - swinging her hips to the left

