

# Sunshine And Rainbows

**COPPER** KNOB  
BY STEPHEN

拍數: 32      牆數: 2      級數: Improver  
編舞者: David Sinfield (UK) - September 2013  
音樂: I Make My Own Sunshine - Chelsea Basham : (iTunes)



## 32 count intro

### WALK RIGHT, LEFT, SISSOR CROSS, ¼ TURN RIGHT, STEP RIGHT BACK, CROSS SHUFFLE

1-2      Walk forward right, walk forward left  
3&4      Step right to right, close left beside right, cross right over left  
5-6      Step left into ¼ turn right, step back right  
7&8      Cross left over right, step right to right, cross left over right

### SIDE ROCK, BEHIND, SIDE, CROSS, SIDE ROCK, SAILOR ½ TURN RIGHT

1-2      Rock right to right, replace weight onto left  
3&4      Cross right behind left, step left to left, cross right over left  
5-6      Rock left to left, replace weight onto right  
7&8      Cross left behind right, step right into ½ turn right, step left beside right

### BACK ROCK, HEEL BALL CROSS, SIDE ROCK, CROSS SHUFFLE

1-2      Rock back on right, replace weight onto left  
3&4      Touch right heel forward, step right down, cross left over right  
5-6      Rock right to right, replace weight onto left  
7&8      Cross right over left, step left to left, cross right over left

### ROCK ¼ TURN RIGHT, SHUFFLE ½ TURN RIGHT, & CROSS, SIDE, COASTER STEP

1-2      Rock left to left, step right into ¼ turn right  
3&4      Shuffle ½ turn right stepping left-right-left  
&5-6      Step right beside left, cross left over right, step right to right  
7&8      Step left back, step right beside left, step forward left

Contact: [thighslappincowboy@hotmail.com](mailto:thighslappincowboy@hotmail.com)