Here Comes The Sunshine (太陽出來了) (zh)

Compte: 32 **Mur:** 2 **Niveau:** Beginner
Chorégraphe: Kathy Chang (USA) & Sue Hsu (USA) - 2010年06月
Musique: Here Come The Sunshine (Radio Edit) - Tim Tim

前奏： Intro: 32 Counts 32拍後起跳

第一段 Tap, Tap, Behind, Side Cross x2
點 點 後 旁 前交叉 總共二次

1-2 Tap right toe to right twice 右足趾右點二次

3&4 Step right behind left, step left to left side, cross right over left
右足於左足後踏, 左足左踏, 右足於左足前交叉踏

5-6 Tap left toe to left twice 左足趾左點二次

7&8 Step left behind right, step right to right side, cross left over right
左足於右足後踏, 右足右踏, 左足於右足前交叉踏

第二段 Toe Strut, Toe Strut, Forward, ½ Left, Forward Toe Strut, Toe Strut, Mambo Step 趾 踵 趾 踵, 踏 轉 踏, 趾 踵 趾 踵, 前曼波

1&2& Touch right toe forward, step heel down, touch left toe forward, step heel down 右足趾前點, 右足踵踏, 左足趾前點, 左足踵踏

3&4 Step forward on right, turn 1/2 left and step on left, step forward on right (6:00) 右足前踏, 左轉180度左足踏, 右足前踏(面向6點鐘)

5&6& Touch left toe forward, step heel down, touch right toe forward, step heel down 左足趾前點, 左足踵踏, 右足趾前點, 右足踵踏

7&8 Rock Forward on left, recover on right, step back on left
左足前下沉, 右足回復, 左足後踏

第三段 Paddle Full Turn Right, Paddle Full Turn Left
右划槳轉圈, 左划槳轉圈

1& Turning ¼ right on right, replace weight on ball of left
右轉90度重心在右足, 左足回復

2& Turning ¼ right on right, replace weight on ball of left
右轉90度重心在右足, 左足回復

3& Turning ¼ right on right, replace weight on ball of left
右轉90度重心在右足, 左足回復

4 Turning ¼ right on right (6:00) 右轉90度重心在右足(面向6點鐘)

5-8 Repeat counts 1-4 turning to the left (6:00)
左足划槳步(面向6點鐘)

第四段 ip Bumps, Touch, Touch, Kick Ball Change
推臀, 點, 點, 踢 併 踏

1-2 Bump hips to right twice (or sway R,L,R,L on count 1-4)
右推臀二次(或右擺臀, 左擺臀)

3-4 Bump hips to left twice 左推臀二次(或右擺臀, 左擺臀)

5&6& Touch right toe forward, step right next to left, touch left toe forward, step left next to right
右足趾前點, 右足併踏, 左足趾前點, 左足併踏

7&8	Kick right forward, Step ball of right next to left, Step left in place 右足前踢, 右足併踏, 左足踏