Pocketful of Sunshine



Compte: 64 Mur: 2 Niveau: Intermediate

Chorégraphe: May Wah Ong (MY) - May 2008

Musique: Pocketful of Sunshine - Natasha Bedingfield: (3:23)



Intro: 16 counts intro, starts on vocals

Walk	walk	kick /	cross	hack	ahie	& Walk	walk	kick c	rnee h	ack side	_
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3&4& Kick R fwd, cross in front of L, step L back, step R to right side

5 – 6 Walk forward L, R

7&8& Kick L fwd, cross in front of R, step R back, step L to left side

Step, pivot ½, shuffle forward, side rock, behind, side, forward

1 -2 Step forward on R, pivot ½ turn left

3&4 Step forward on R, step L next to R, step R forward

5 -6 Rock L to left side, recover on R

7&8 Step L behind R, step R to right side, step L slightly forward [6]

Touch, unwind, weave, side, together, applejacks

1 – 2 Touch R toe behind L, unwind ¼ right, [9]

3&4& Cross step L over R, step R to side, cross step L behind R, step R to side

5 – 6 Step L to left side, step R next to L

7&8& With weight on right heel and left toe, turn right toe right and left heel right, (&)both feet back

to centre, (8) with weight on right toe and left heel turn right heel left and left toe left, (&) both

feet back to centre

Step, pivot ½, shuffle forward, side rock, behind, side, cross

1 -2 Step forward on R, pivot ½ turn left [3]

3&4 Step forward on R, step L next to R, step R forward

5 -6 Rock L to left side, recover on R

7&8 Step L behind R, step R to right side, step L in front of R

Turn ½, ½, sailor step, step touch, kick ball step

1 – 2 Make ½ turn right stepping fwd on R, make ½ turn right stepping back on L [3]

3&4 Step R behind L, step L to left, step R to right

5 -6 Step forward on L, touch R next to L

7&8 Kick R forward, replace R next to L, step forward on L

Back rock, side rock, together, point, point, sailor 1/4

1 – 2 Rock back on R, recover on L

3&4 Rock R to right side, recover on L, step R next to L

5 -6 Cross point L over R, point L to left

7&8 Step L behind R making ¼ left, step R next to L, step L to left side [12]

Step, lock, step lock step, rock, recover, sailor 1/2

1 – 2 Step R forward, lock L behind R

3&4 Step R forward, lock L behind R, step R forward

5 -6 Rock L forward, recover on R

7&8 Cross step L behind R making ¼ turn L, make ¼ L stepping R next to L, step fwd on L [6]

Walk, walk, back rock, step, bump LR, bump LRL

1 – 2 Walk forward R, L
3&4 Rock back on R, recover on L, step R next to L
5 -6 Stepping L to left sway left, then sway right
7&8 Bump hips LRL

Tag After 3rd Wall

1-4 Hip rolls, RLRL (or sway)

Note:

Once you are familiar with the music, you might want to try the dance in the following sequence.

Part A : Counts 1 – 32 Part B : Counts 33 – 64

Suggested Sequence:

AB, AA, BB, tag, BB, AB, B (16 cts to ending)