

# Pocketful Of Sunshine

Compte: 64

Mur: 4

Niveau: Intermediate



Chorégraphe: Marjorie Barnabas-Shaw (MY) - June 2008

Musique: Pocketful of Sunshine - Natasha Bedingfield : (Album: Natasha)

Intro Count : 16 counts (start on vocals)

## A. WALK FORWARD ON RIGHT, LEFT, ROCK SIDE RIGHT AND TOGETHER, FORWARD ROCK, RECOVER, STEP.

- 1-2 W           alk forward right. Walk forward left.
- 3&4 R           ock right to right side. Recover onto left. Step right beside left foot.
- 5&6& R         ock forward left. Recover onto right. Step left next to right foot. Step right in place.
- 7&8 R           ock forward left. Recover onto right. Step left next to right foot.

## B. PRESS ROCK, RECOVER, TOGETHER, POINT CHANGES, CROSS BACK RIGHT, UNWIND 1/2 TURN RIGHT, FORWARD SHUFFLE.

- 1-2 P           ress rock forward on right. Recover on left.
- &3&4 S         tep right foot next to left. Point left foot to left side. Step left foot next to right. Point right foot to right side.
- 5-6 C           ross-step right foot behind left foot. Unwind right with a 1/2 turn right.
- 7&8 S           tep left foot forward. Close right next to left. Step left foot forward.

## C. RIGHT HEEL, RIGHT HOOK, FORWARD-STEP-LOCK-STEP, SWAY LEFT, SWAY RIGHT, STEP BACK LEFT, LOCK RIGHT, STEP BACK RIGHT.

- 1-2           Touch right heel forward. Hook right foot across left foot.
- 3&4           Step forward on right foot. Lock left foot behind right. Step forward on right foot.
- 5-6           Step left foot to left side (sway hips to left). Rock onto right side on right foot (sway hips to right).
- 7&8           Cross left behind right. Lock right in front of left. Step back on left.

## D. FORWARD BRUSH, BACK BRUSH, ROCK SIDE AND TOGETHER, FORWARD, BACK BRUSH, 1/4 RIGHT COASTER TURN.

- 1-2           Brush right foot forward. Brush right foot back.
- 3&4           Rock right to right side. Recover onto left foot. Step right in place.
- 5-6           Brush left foot forward. Brush left foot back.
- 7&8           Turn 1/4 right by stepping back on left. Step right beside left. Step forward left.

## E. SIDE STEP RIGHT, SLIDE LEFT, CROSS ROCK BACK LEFT, RECOVER, STEP DIAGONAL FORWARD LEFT, CROSS BACK RIGHT, SIDE LEFT, CROSS RIGHT OVER LEFT, SIDE LEFT, CROSS RIGHT OVER LEFT.

- 1-2           Take big step right on right foot. Slide left foot behind right foot.
- 3&4           Cross rock left foot behind right foot. Recover onto right foot. Step left foot diagonally forward left.
- 5-6           Cross right foot behind left foot. Step left to left side.
- 7&8           Cross right foot over left. Step left to left side. Cross right over left.

## F. SIDE STEP LEFT, SLIDE RIGHT, CROSS ROCK BACK RIGHT, RECOVER, STEP DIAGONAL FORWARD LEFT, CROSS BACK LEFT, SIDE RIGHT, CROSS LEFT OVER RIGHT, SIDE RIGHT, CROSS LEFT OVER RIGHT.

- 1-2           Take big step left on left foot. Slide right foot behind left foot.
- 3&4           Cross rock right foot behind left foot. Recover onto left foot. Step right foot diagonally forward right.
- 5-6           Cross left foot behind right foot. Step right to right side.

7&8                    Cross left foot over right. Step right to right side. Cross left over right.

**G. STEP FORWARD RIGHT, STEP FORWARD LEFT (click fingers), STEP BACK RIGHT, SIDE LEFT, DIAGONAL SHUFFLE FORWARD RIGHT**

1-2                    Step forward right (click fingers).

3-4                    Step forward left (click fingers).

5-6                    Step back on right. Step left next to right

7&8                    Step right diagonally forward. Close left beside right. Step right diagonally forward.

**H. STEP FORWARD LEFT, STEP FORWARD RIGHT (click fingers), STEP BACK LEFT, SIDE RIGHT, DIAGONALL SHUFFLE FORWARD LEFT**

1-2                    Step forward left (click fingers).

3-4                    Step forward right (click fingers).

5-6                    Step back on left. Step right next to left.

7&8                    Step left diagonally forward. Close right beside left. Step left diagonally forward.

**\*RE-START on 2nd sequence (dance only ABCD) then re-start**

**\*4th sequence (Music slows down)**

**\*One Tag \* at the end of Section D - walk RLRL (4 counts) before proceeding to Section E**

**~\* ~ Dance Like You've Never Danced Before ~ \* ~**

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