Sunshine Girl

拍数: 32

级数: Beginner

编舞者: Sheila Allen (UK) - January 2015

音乐: Sunshine Girl - Herman's Hermits

Sec 1: DR heel, toe, shuffle forward, L heel, toe, shuffle forward

- 1-2 Touch right heel forward, touch right toe behind
- 3&4 Step forward right, bring left next to right, step right forward
- 5-6 Touch left heel forward, touch left toe behind
- 7&8 Step forward left, bring right next to left, step forward left

Sec 2: \Box R chasse, back rock, L chasse, back rock

- 1&2 Step R to R side, close L next to R, step R to R side
- 3-4 Rock back L recover weight R
- 5&6 Step L to L side, close R next to L step L to L side
- 7-8 Rock back R recover weight onto L

Sec 3: R touch kick shuffle $\frac{1}{2}$ R, L Touch Kick Shuffle $\frac{1}{4}$ L

- 1-2 Touch R toe next to L, kick R foot forward
- 3&4 ¹/₂ turn over right, stepping RLR
- 5-6 Touch L toe next to R kick L foot forward
- 7&8 Triple step turning over left shoulder ¼ turn LRL

Sec 4: Cross step back, step out R&L, step in R&L, hip bumps

- 1-2 Cross R over L step back L
- &3 Step R to R side, step L to L side,
- &4 Step R next to L, step L next to R
- 5-6 Hip bumps RL
- 7-8 Hips bumps RL

I hope you enjoy this beginner dance have fun.

Contact: coolcoopers@yahoo.com





墙数:4