Sunshine Twist



编舞者: Fred Whitehouse (IRE) - April 2018

音乐: Sunshine - River Matthews



Intro - 8 Counts

[1-8] Step, Touch, x2, (Claps) R Shuffle Back Diagonal, Step, Touch, x2 (Claps) L Shuffle Fwd Diagonal

1&2& Step RF fwd to R diagonal, touch LF next to R, step LF back diagonal, touch RF next to L

(Step clap x2)

3&4& Step RF back to R diagonal, close LF next to R, step RF back diagonal, touch LF next to R
5&6& Step LF back to L diagonal, touch RF next to L, step RF fwd diagonal, touch LF next to R

7&8 Step LF fwd to L diagonal, close RF next to L, step LF fwd to L diagonal

[9-16] Cross & Heel, Ball Cross Shuffle, 3/4 Turn R Walking R,L,R,L

1&2& Cross RF over L, step LF to L side, touch R heel to R side, close RF next to L

3&4 Cross LF over R, step RF to R side, cross LF over R (12.00)
5-8 Make ¾ turn R walking R,L,R,L (LF should finish fwd to 9.00)

(Optional fun hands- During the cross shuffle bring both hands out and upward making a circle.

During the 4 walks shake the hands downward, palms facing fwd to the chorus "shiver down my spine")

[17-24] Toe, Heel, Step, x2, Stomp x2, Flick (slap), Touch, Hook (slap), Touch, Flick (slap), Stomp 2

Touch R toe next to L, touch R heel to R side, step RF forward &3&

Touch L toe next to R, Touch L heel to L side, step LF forward

4&5 Stomp RF next to L, stomp LF next to R, flick R heel up and out to the R side (Flick heel up

and slap with R hand)

Restart During wall 8, finish the Toe heel steps x2 and the stomp, stomp. You should RESTART facing

12.00

&6& Touch R toe fwd, hook R heel over LF (slap with L hand), touch R toe fwd

7&8 Flick R heel up and out to the R side (Flick heel up and slap with R hand), stomp RF in place,

stomp LF next to R

[25-32] Rock, Recover, Step Back, Coaster Step, Charleston Step

Rock RF fwd, recover on to L, step RF back 3&4 Step LF back, close RF next to L, step LF fwd

5-8 Touch RF fwd, step RF back, touch LF back, step LF fwd (Option: Add Charleston Swivels

for style.)

Tag: End of wall 3

1-4 Repeat Last 4 Counts facing 3.00 (Charleston Step)

Smile and Enjoy