

Pockets Full of Sunshine

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Frederick Fung (CAN) - May 2017
音樂: Pocketful of Sunshine - Natasha Bedingfield



Musical Introduction: 16 Counts

Section 1: Chasse R, LF Rock back, RF Recover, Chasse L, RF Rock back, LF Recover (12:00)

1&2 Step RF to side, close LF next to RF (&), step RF to side
3, 4 LF Rock back, RF Recover
5&6 Step LF to side, close RF next to LF (&), step LF to side
7, 8 RF Rock back, LF Recover

Section 2: RF Toe Heel Cross, LF Step fwd, RF Charleston fwd & back, LF Charleston back & fwd

1-3 RF Toe, Heel, Step slightly cross forward
4 LF step forward in front of RF
5-6 Sweep R toe forward, sweep RF back
7-8 Sweep L toe backward, sweep LF forward

Section 3: RF Step R, R Hip Ball Change, ¼ turn L, Step LF side, RF hitch above ankle, Chasse R

1 Step RF to R with slight knee bent
2 Swing right hip to right to straighten RF up
3 Close LF next to RF,
& Press LF ball hard to make ¼ turn to left
4 RF step forward (with RF pointing 12:00 and head facing 9:00)
5 Make ¼ turn to right, LF steps side to left(facing 12:00)
6 RF hitch above LF lower calf
7&8 Step RF to side, close LF next to RF, step RF to side

Section 4: □LF Step down, RF Jive kick cross, RF Step down, LF Toe point cross, 1/4 turn L, LF Jive walk, 1/4 turn L, RF Jive walk, 1/4 turn L, LF Step lock step

1, 2 LF step down in place, RF kicks towards 11:00
3, 4 RF step down in place, LF toe point towards 1:00
5 Make 1/4 turn L, LF Jive walk forward (RF hitch above lower calf)
6 Make 1/4 turn L, RF Jive walk forward (LF hitch above ankle)
7&8 Make 1/4 turn L, step LF forward, lock RF behind LF, step LF forward

REPEAT

TAG – At the end of Wall #6 facing 6:00, add the following 4 counts for LF and RF:

1 - 4 Twist left (1), Twist right (2), Twist left (3), Twist right (4) or
Disco R(1-2) and Disco L(3-4)

ENDING on WALL #10 after dancing up to 20 counts.

ENJOY THIS LINE DANCE UNTIL YOUR HEART AND SOUL ARE TOUCHED BY “POCKETS FULL OF SUNSHINE”!

For Song & Step Sheet, please contact: Passionff0118@gmail.com
Last Update – May 6, 2017