I Can Do Sunshine

級數: Improver

編舞者: Gaye Teather (UK)

拍數: 64

音樂: I Can Do Sunshine - Brushwood

RIGHT SCISSOR STEP, HOLD, LEFT SCISSOR STEP, HOLD

- 1-4 Step right to side, step left beside right, cross right over left, hold
- 5-8 Step left to side, step right beside left, cross left over right, hold

VINE RIGHT, KICK, SIDE LEFT, KICK, SIDE RIGHT, KICK

- 1-2 Step right to side, cross left behind right
- 3-4 Step right to side, kick left across right
- 5-6 Step left to left, kick right across left
- 7-8 Step right to side, kick left across right

VINE LEFT, KICK, SIDE RIGHT, KICK, SIDE LEFT, KICK

- 1-2 Step left to side, cross right behind left
- 3-4 Step left to side, kick right across left
- 5-6 Step right to side, kick left across right
- 7-8 Step left to side, kick right across left

CROSS, BACK, BACK, CROSS, BACK, BACK, CROSS, HOLD

- 1-2 Cross right over left, step left back
- 3-4 Step right back, cross left over right
- 5-6 Step right back, step left back
- 7-8 Cross right over left, hold

RUMBA BOX

- 1-4 Step left to side, step right beside left, step left forward, hold
- 5-8 Step right to side, step left beside right, step right back, hold

REVERSE ROCKING CHAIR, BACK ROCK, STEP, ¼ TURN RIGHT

- 1-4 Rock left back, recover onto right, rock left forward, recover onto right
- 5-8 Rock left back, recover onto right, step left forward, turn ¼ right (weight to right, 3:00)

FIGURE OF 8 WEAVE TO RIGHT

- 1-2 Cross left over right, step right to side
- 3-4 Cross left behind right, turn 1/4 right and step right forward
- 5-6 Step left forward, turn 1/2 right (weight to left)
- 7-8 Turn 1/4 right and step left to side, step right beside left (3:00)

LEFT CROSS ROCK, SIDE, HOLD, RIGHT CROSS ROCK, SIDE, CROSS

- 1-4 Rock left over right, recover onto right, step left to side, hold
- 5-8 Rock right over left, recover onto left, step right to side, cross left over right

REPEAT





牆數:4