

Pocketful Of Sunshine

COPPER KNOB
STEPPERS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Marjorie Barnabas-Shaw (MY) - June 2008
音樂: 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 ~ * ~
