Sunny Day



拍數: 64 牆數: 2 級數: Intermediate

編舞者: Dougie D (UK) - September 2008 音樂: Let The Sun Shine In - Milk & Sugar



Intro 40 Counts (start on chorus)

Or Music:

Shake your groove thing by Sister Sledge.

I like it like that by Santa Esmerelda.

Rock To Right Side, Recover On Left, Step Right Fwd, Tap Left Behind Right, Back Rock On Left, Shuffle Fwd

1-2 rock out to right side on right, recover on left, (use hips for styling),

3-4 step right in front of left, tap left behind right,

rock back on left, recover on right,shuffle fwd, stepping left, right, left

Repeat Section One

1-8 repeat section one

Weave To Left, Two Cross Rocks.

1-2	cross right over left, step left to left side
3-4	cross right behind left, step left to left side
5-6	cross rock right over left, recover on left
7-8	cross rock right over left, recover on left

Turn 1/4 Right On Right, Shuffle Fwd X2, Shuffle Back X2.

1&2 step right to right side with 1/4 turn right, and shuffle fwd, stepping right, left, right

shuffle fwd, stepping left, right, left
shuffle back, stepping right, left, right
shuffle back, stepping left, right, left

Cross Steps To Left X2, Point Left Toe To Side, Cross Left Over Right, Pivot 1/4 Turn Right, Back Rock.

1-2 cross right over left, step left behind right,
3-4 cross right over left, point left toe to left side
5-6 cross left over right, pivot 1/4 turn right
7-8 rock back on right, recover on left

Shuffle 1/2 Turn, Back Rock, Shuffle 1/2 Turn Back Rock.

1&2 shuffle 1/2 turn left, stepping right, left, right,

3-4 rock back on left, recover on right

5&6 shuffle 1/2 turn right, stepping left, right, left,

7-8 rock back on right, recover on left

Steps To Right Side With Hip Movement X2, Steps To Left Side With Hip Movement X2.

1-2 step right to right side, step left beside right (use them hips!)

3-4 repeat steps 1-2

5-6 step left to left side, step right beside left (don't forget hips!)

7-8 repeat steps 5-6

Back Rock, Chasse In Place X2.

1-2 rock back on right, recover on left3&4 chasse in place stepping right, left, right