

Life In Sunshine

Phrased, 96 Count, 1 Wall, Intermediate

Choreographer: Karen Hannaford & Phoenix Adamson (NZ)

August 2014

Choreographed to: Life in Sunshine by Jamie McDell.

Album: Six Strings And A Sailboat

Sequenced. Part A 64 counts, 'a' is the first 40 counts of A, Part B 32 counts

Sequence - ABAB aBBa (All sequences start at 12:00)

Intro 16 counts (start on vocals)

PART A – 64 counts

1-8 KICK BALL STEP, ½ TOE STRUT, COASTER, CROSS SAMBA

1&2,3,4 Kick R foot forward, step R beside left, step L fwd, step R toe fwd, ½ turn left dropping R heel. 6:00

5&6,7&8 Step L back, step R tog, step L fwd, Cross R over left, step L to side, step R to side

9-16 JAZZ SQUARE CROSS, ¼ SHUFFLE BACK, ½, BACK

1,2,3,4 Cross L over right, step R back, step L to side, cross R over left

5&6 Turn ¼ right and step back of L, step R next to left, step L back 9:00

7,8 Turn ½ right and rock fwd on R, recover weight to L 3:00

17-24 BACK, COASTER STEP, FWD, BACK, COASTER STEP, FWD

1,2&3,4 Step R back, step L back, step R tog, step L fwd, Step R fwd.

5,6&7,8 Recover weight back to L, step R back, Step L tog, step R fwd, step L fwd

25-32 SIDE ROCK, BEHIND-SIDE-CROSS, SIDE ROCK, ¼ COASTER

1,2,3&4 Rock R to side, recover weight on L, step R behind left, step L to side, cross R over left

5,6,7&8 Rock L to side recover weight on R, turn ¼ left and step L back, step R tog, step L fwd 12:00

33-40 SIDE ROCK, BEHIND-SIDE-CROSS, SIDE ROCK, TOG, SIDE ROCK

1,2,3&4 Rock R to side, recover weight to L, step R behind left, step L to side, cross R over left

5,6&7,8 Rock L to side, recover weight on R, step L tog, rock R to side, recover weight on L *

****a' finishes here**

41-48 BACK, POINT, CROSS, SIDE SWITCHES, CROSS, SIDE ROCK

1,2,3 Step back on R, point L to side, Cross L over right

4&5 Point R to side, step R tog, Point L to side

6,7,8 Cross L over right, rock R to side, recover weight on L

49-56 ¼ JAZZ SQUARE, FWD ROCK, RECOVER, ¼ SHUFFLE

1,2,3,4 Cross R over left, step L back, turn ¼ right and step R to side, step L fwd 3:00

5,6,7&8 Rock fwd on R, recover weight on L, turn ¼ right and step R to side, step L tog, step R to side 6:00

57-64 FWD ROCK, COASTER CROSS, MONTEREY AND POINT

1,2,3&4 Rock L fwd, recover weight to R, step L back, step R beside left, cross L over right

5,6 Point R to side, turn ½ right stepping R next to left 12:00

7&8 Point L to side, step L together, point R to side

PART B – 32 counts

1 – 8 CROSS ROCK, SIDE SHUFFLE, CROSS ROCK, SIDE SHUFFLE

1,2,3&4 Cross rock R over left, recover weight to L, step R to side, step L tog, step R to side

5,6,7&8 Cross rock L over right, recover weight to R, step L to side, step R tog, step L to side

9-16 FWD ROCK, COASTER STEP, ¼ PIVOT, ¼ PIVOT

1,2,3&4 Rock R fwd, recover weight to L, Step R back, step L tog, step R fwd

5,6,7,8 Step L fwd, pivot ¼ right taking weight on R, step L fwd, pivot ¼ right taking weight on R 6:00

17-24 CROSS ROCK, SIDE SHUFFLE, CROSS ROCK, SIDE SHUFFLE

1,2,3&4 Cross rock L over right, recover weight to R, step L to side, step R tog, step L to side

5,6,7&8 Cross rock R over left, recover weight to L, step R to side, step L tog, step R to side

25-32 FWD ROCK, COASTER STEP, ¼ PIVOT, ¼ PIVOT

1,2,3&4 Rock L fwd, recover weight to R, step L back, step R tog, step L fwd

5,6,7,8 Step R fwd, pivot ¼ left taking weight on L, Step R fwd, Pivot ¼ left taking weight on L 12:00
