

Sunshine And Rainbows

32 Count, 2 Wall, Improver

Choreographer: David Sinfield (N. Ireland) Sept 2013

Choreographed to: I Make My Own Sunshine by Chelsea
Basham (105 bpm - iTunes)

32 count intro

WALK RIGHT, LEFT, SISSOR CROSS, ¼ TURN RIGHT, STEP RIGHT BACK, CROSS SHUFFLE

- 1-2 Walk forward right, walk forward left
- 3&4 Step right to right, close left beside right, cross right over left
- 5-6 Step left into ¼ turn right, step back right
- 7&8 Cross left over right, step right to right, cross left over right

SIDE ROCK, BEHIND, SIDE, CROSS, SIDE ROCK, SAILOR ½ TURN RIGHT

- 1-2 Rock right to right, replace weight onto left
- 3&4 Cross right behind left, step left to left, cross right over left
- 5-6 Rock left to left, replace weight onto right
- 7&8 Cross left behind right, step right into ½ turn right, step left beside right

BACK ROCK, HEEL BALL CROSS, SIDE ROCK, CROSS SHUFFLE

- 1-2 Rock back on right, replace weight onto left
- 3&4 Touch right heel forward, step right down, cross right over left
- 5-6 Rock right to right, replace weight onto left
- 7&8 Cross right over left, step left to left, cross right over left

ROCK ¼ TURN RIGHT, SHUFFLE ½ TURN RIGHT, & CROSS, SIDE, COASTER STEP

- 1-2 Rock left to left, step right into ¼ turn right
- 3&4 Shuffle ½ turn right stepping left-right-left
- &5-6 Step right beside left, cross left over right, step right to right
- 7&8 Step left back, step right beside left, step forward left