

# Pockets Full of Sunshine

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**Count:** 32                      **Wall:** 4                      **Level:** Improver

**Choreographer:** Frederick Fung - Canada (May 2017)

**Music:** "Pocketful Of Sunshine" By Natasha Bedingfield

## Musical Introduction: 16 Counts

### Section 1: Chasse R, LF Rock back, RF Recover, Chasse L, RF Rock back, LF Recover (12:00)

**1&2**            Step RF to side, close LF next to RF (&), step RF to side

**3, 4LF Rock back, RF Recover**

**5&6**            Step LF to side, close RF next to LF (&), step LF to side

**7, 8RF Rock back, LF Recover**

### Section 2: RF Toe Heel Cross, LF Step fwd, RF Charleston fwd & back, LF Charleston back & fwd

**1-3RF Toe, Heel, Step slightly cross forward**

**4LF step forward in front of RF**

**5-6**            Sweep R toe forward, sweep RF back

**7-8**            Sweep L toe backward, sweep LF forward

### Section 3: RF Step R, R Hip Ball Change, ¼ turn L, Step LF side, RF hitch above ankle, Chasse R

**1**            Step RF to R with slight knee bent

**2**            Swing right hip to right to straighten RF up

**3**            Close LF next to RF,

**&**            Press LF ball hard to make ¼ turn to left

**4RF step forward (with RF pointing 12:00 and head facing 9:00)**

**5**            Make ¼ turn to right, LF steps side to left(facing 12:00)

**6RF hitch above LF lower calf**

**7&8** Step RF to side, close LF next to RF, step RF to side

**Section 4: LF Step down, RF Jive kick cross, RF Step down, LF Toe point cross, 1/4 turn L, LF Jive walk, 1/4 turn L, RF Jive walk, 1/4 turn L, LF Step lock step**

**1, 2LF step down in place, RF kicks towards 11:00**

**3, 4RF step down in place, LF toe point towards 1:00**

**5** Make 1/4 turn L, LF Jive walk forward (RF hitch above lower calf)

**6** Make 1/4 turn L, RF Jive walk forward (LF hitch above ankle)

**7&8** Make 1/4 turn L, step LF forward, lock RF behind LF, step LF forward

**REPEAT**

**TAG - At the end of Wall #6 facing 6:00, add the following 4 counts for LF and RF:**

**1 - 4** Twist left (1), Twist right (2), Twist left (3), Twist right (4) or

**Disco R(1-2) and Disco L(3-4)**

**ENDING on WALL #10 after dancing up to 20 counts.**

**ENJOY THIS LINE DANCE UNTIL YOUR HEART AND SOUL ARE TOUCHED BY “POCKETS FULL OF SUNSHINE”!**

**For Song & Step Sheet, please contact: [Passionff0118@gmail.com](mailto:Passionff0118@gmail.com)**

**Last Update - May 6, 2017**

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