

BAND OF SUNSHINE

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Count: 64

Wall: 4

Level: intermediate

Choreographer: Helen D'Aguiar

Music: That's The Way I Like It by K.C. & The Sunshine Band

SYNCOPATED BACK AND SIDE ROCKS, SYNCOPATED CROSS AND SIDE ROCKS

- 1&2&** Rock right behind, recover onto left, rock right foot to right side, recover
- 3&4** Rock right behind, recover onto left, step right foot to right side
- 5&6&** Rock left foot over right, recover onto right, rock left foot to left side, recover
- 7&8** Rock left foot over right, recover onto right, step left foot to left side

HIP BUMPS TRAVELING FORWARD, PIVOT ½ TURN LEFT, POINT FRONT, SIDE

- 9&10** Touch right foot forward bumping hips right, left, right (taking weight onto right on last hip bump)
- 11&12** Touch left foot forward bumping hips left, right, left (taking weight onto left on last hip bump)
- 13-14** Step forward on right, pivot half turn left (weight now on left)
- 15-16** Point right toe forward, point right toe out to right side

SYNCOPATED BACK AND SIDE ROCKS, SYNCOPATED CROSS AND SIDE ROCKS, HIP BUMPS TRAVELING FORWARD, PIVOT ½ TURN LEFT, POINT FRONT, SIDE

- 17-32** Repeat 1-16

SYNCOPATED ROCK FORWARD, STEP BACK, ½ TURN LEFT, STEP FORWARD, SYNCOPATED ROCK FORWARD, STEP BACK TWICE, ¼ TURN LEFT

- 33&34** Rock forward onto right, recover back onto left, step back on right
- 35-36** Make half turn over left shoulder stepping forward onto left, step forward onto right
- 37&38** Rock forward onto left, recover back onto right, step back on left
- 39-40** Step back onto right, turn ¼ left stepping left to side

TOUCH, HITCH, CROSS, HOLD, AND CROSS TWICE

- 41&42** Touch right next to left, hitch right leg and cross right over left
- 43&44** Hold for one count, step left to side and cross right over left

45&46 Touch left next to right, hitch left leg and cross left over right

47&48 Hold for one count, step right to side and cross left over right

SKATES, ¼ TURNING SHUFFLE RIGHT, SKATES, ¼ TURNING SHUFFLE LEFT

49-50 Skate right, skate left

51&52 Shuffle turning a quarter to the right

53-54 Skate left, skate right

55&56 Shuffle turning a quarter to the left

SYNCOPATED ROCK STEP, ½ TURN RIGHT, LOCK STEP, PIVOT ½ TURN RIGHT, CROSS POINT

57&58 Rock forward on right, recover back on left, make half turn right step forward on right (rock and turn)

59&60 Hold for one count, lock left behind right, step right foot forward

61-62 Step forward on left, pivot half turn right (weight now on right)

63-64 Cross left over right, point right to side

REPEAT