

Life In Sunshine

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Count: 96 **Wall:** 1 **Level:** Phrased Intermediate

Choreographer: Karen Hannaford & Phoenix Adamson - August 2014 - NZ

Music: Life in Sunshine - 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 6:00

[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 6:00

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. 3:00

5,6&7,8 Recover weight back to L, step R back, Step L tog, step R fwd, step L fwd 3:00

[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 3:00

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 12:00

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 12:00**

[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 12:00
- 4&5** Point R to side, step R tog, Point L to side 12:00
- 6,7,8** Cross L over right, rock R to side, recover weight on L 12:00

[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 6:00
- 5,6,7&8** Point R to side, turn ½ right stepping R next to left, point L to side, step L together, point R to side 12:00

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 12:00
- 5,6,7&8** Cross rock L over right, recover weight to R, step L to side, step R tog, step L to side 12:00

[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 12:00
- 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 6:00
- 5,6,7&8** Cross rock R over left, recover weight to L, step R to side, step L tog, step R to side 6:00

[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 [6:00]
- 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]

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