

Sunshine in my Pocket

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Count: 128 **Wall:** 2 **Level:** Phrased Intermediate

Choreographer: Amy Glass (May 2016)

Music: "Can't Stop the Feeling" by Justin Timberlake (3:56) iTunes

#16 Count Intro. Starts on "Feeling". Sequence: A, B, C, C-, A, B, C, C, A, Tag, C, C, C-

A: 32 counts B: 64 counts C: 32 counts Tag: 4 counts

A and C are only danced facing 12:00; B is only danced facing 6:00

Section A (12:00)

A[1-8] Step, Touch, Step, Touch Ball Step, Rock, Recover, 1/2 R

- 1-2-3** Step RF to R side, Touch LF slightly in front of RF, Step LF to L side
- 4&5** Touch RF forward, Step on ball of RF, Step slightly forward on LF
- 6-7** Rock forward on RF, Recover weight on LF
- 8** Turn 1/2 R stepping forward on RF (6:00)

A[9-17] 1/4 R with Hip Rolls L then R, Kick Ball Cross, Out L, R, Chasse L with 1/4 L

- 1-2-3** Turn 1/4 R while stepping LF to L side and rolling hips clockwise, Roll hips counterclockwise weighting RF (9:00)
- 4&5** Kick LF to L diagonal, Step on ball of LF, Cross RF over LF
- 6-7** Step LF out to L side while rolling L hip out, Step RF to R while rolling R hip out
- 8&1** Step LF to L side, step RF next to LF, Step forward on LF turning 1/4 L (6:00)

A[18-24] Step Pivot 1/2, Shuffle Forward, Point L, Cross, Point R

- 2-3** Step forward R, Pivot 1/2 L
- 4&5** Shuffle forward R, L, R
- 6-7-8** Point L toe to L side, Cross LF behind RF, Point RF to R side

A[25-32] R Sailor, L Sailor, Step Pivot 1/2, Walk R, Walk L

- 1&2** Step RF behind LF, LF to L side, RF to R side
- 3&4** Step LF behind RF, RF to R side, LF to L side
- 5-6-7-8** Step forward R, Pivot 1/2 L, Walk R, Walk L (6:00)

Section B (6:00)

B[1-8] Press, Recover with Sweep 1/4 R, R Sailor, Step, Heel Swivels, Step, Close

- 1-2** Press RF forward, Recover weight back on LF while sweeping RF from front to back & turning 1/4 R (9:00)
- 3&4** Step RF behind LF, Step LF to L side, Step RF to R side
- 5&6&** Step LF to L side, Swivel R heel in, Replace RF, Swivel L heel in
- 7&8&** Step LF to L side, Swivel R heel in, Step RF to R, Close LF next to RF

B[9-16] Side Rock R, Recover, Close, Side, Kick Ball Point, Hold, Drag, Close

- 1-2&3** Rock RF to R, Recover weight on L, Close RF next to LF, Step LF to L
- 4&5** Kick RF forward, Step on ball of RF, Point LF to L side while bending R knee (point with lyric "Drop")
- 6** Hold
- 7-8** Begin straightening R knee slowly while dragging LF toward RF, Close LF next to RF

B[17-24] Walk x2, Pivot 1/4 L, Hinge 1/2 R, Cross, Side, Behind

- 1-2** Walk forward R, L
- 3&4** Step forward R, Pivot 1/4 L weighting LF, Cross RF over LF (6:00)
- 5-6** Step back on LF turning 1/4 R, Step side R turning 1/4 R (12:00)
- &7&8** Cross LF over RF, Step RF to R, Cross LF behind RF

B[25-32] Rock, Recover, Weave, Step L, Hold, Close, Step, Touch

- 1-2** Rock RF to R side, Recover weight on LF
- 3&4** Step RF behind LF, Step LF to L side, Cross RF over LF
- 5-6** Step LF to L side, Hold
- &7-8** Close RF next to LF, Step LF to L side, Touch RF next to LF

B[33-40] Step Touch x2 Moving Backwards, Rock Back, Recover, Step Pivot 1/2 L

- 1-2** Step back on RF, Touch LF next to RF
- 3-4** Step back on LF, Touch RF next to LF
- 5-6** Rock back on RF, Recover weight on LF
- 7-8** Step forward on RF, Pivot 1/2 L (6:00)

B[41-48] Serpiente

- 1-2 Step forward R, Sweep LF from back to front
- 3-4 Cross LF over RF, Step RF to L side
- 5-6 Cross LF behind RF, Sweep RF from front to back
- 7-8 Cross RF behind LF, Step LF to L side

B[49-56] Cross Rock, Recover, 1/4 R, 1/4 R, Rock Back, Recover, Hinge 1/2 L

- 1-2 Cross rock RF over LF, Recover weight back on LF
- 3-4 Step forward R turning 1/4 R, Step side on LF turning 1/4 R (12:00)
- 5-6 Rock back on RF opening body to diagonal (1:30), Recover weight on LF
- 7-8 Step back on RF turning 1/4 L, Step side L turning 1/4 L (6:00)

B[57-64] Slow Walks Forward x2, Walk x4 Making Semicircle (1/2 L)

- 1-2, 3-4 Slow walk forward R, Drag LF next to RF, Slow walk forward L, Drag RF next to LF
- 5-6-7-8 Walk R, L, R, L creating a semicircle arc/shape to return to front wall (12:00)

Section C (12:00)

C[1-8] Side Mambo R, Side Mambo L, Out, Out, In, In

- 1&2 Rock RF to R, Recover weight on LF, Close RF next to LF
- 3&4 Rock LF to L, Recover weight on RF, Close LF next to RF
- 5-6-7-8 Step RF out and slightly forward, Step LF out and slightly forward, Step RF in and slightly back, Close LF next to RF ** Exaggerate the hips—focus on shifting weight to the hips rather than the footwork

C[9-16] Triple R, L to Diagonals, Cross Rock, Recover, Side x2

- 1&2 Shuffle R, L, R to diagonal [small steps] *Exaggerate hips, rather than the steps (1:30)
- 3&4 Shuffle L, R, L to diagonal [small steps] *Exaggerate hips, rather than the steps (10:30)
- 5&6 Cross Rock RF over L, Recover weight on LF, Step RF to R
- 7&8 Cross Rock LF over R, Recover weight on RF, Step LF to L

****The second time you dance C, dance to this point, then continue with the phrasing (ABCC...etc)**

C[17-24] Chasse R with 1/4 R, 1/4 R, Cross, C Bump X2, Touch

- 1&2** Step RF to R side, Close LF next to RF, Turn 1/4 R stepping forward R (3:00)
- 3&4** Step forward on LF, Pivot 1/4 R weighting RF, Cross LF over RF
- 5&6&7** Making a "C" shape with the hips, touch RF to the R while bumping hips up and to the R, (5), Return hips to center (&), Bump hips down and to R (6), Return hips to center (&), Bump hips up and R (7), Return hips to center (&)
- 8** Touch RF next to LF

C[25-32] Mambo Forward R, Mambo Back L, Jazz with 1/2 R

- 1&2** Rock forward on RF, Recover weight back on LF, Step RF slightly behind LF
- 3&4** Rock back on LF, Recover weight forward on RF, Step LF slightly in front of RF
- 5-6-7-8** Cross RF over LF, Step Back on LF turning 1/4 R, Step side on RF turning 1/4 R, Side on LF (12:00)

Tag (6:00)

[1-4] Step Touch with 1/4, 1/4 Turn Step Touch

- 1-2** Step forward on RF, Touch LF next to RF turning 1/4 L
- 3-4** Turn 1/4 L stepping forward on LF, Touch RF next to LF

Have fun!

Last Update - 16th June 2016