Sunny (陽光) (zh)

Count: 64 **Wall:** 2 **Level:** Intermediate
Choreographer: Doug Miranda (USA) & Jackie Snyder (USA)
Music: Sunny - Boney M.

第一段 **Side Rock Right, Recover Left, Behind, Side, Cross, Side Rock Left, Recover Right, Behind, Side, Cross**
右下沉 回復, 後 旁 前, 左下沉 回復, 後 旁 前

1-2 Rock To Right Side, Recover On Left
右足右側下沉，左足回復

3&4 Step Right Behind Left, Step Left To Left Side, Cross Right In Front Of Left 右足在左足後踏，左足左側踏，右足在左足前交叉踏

5-6 Rock Left To Left Side, Recover On Right
左足左側下沉，右足回復

7&8 Step Left Behind Right, Step Right To Right Side, Cross Left In Front Of Right 左足在右足後踏，右足右側踏，左足在右足前交叉踏

第二段 **Point Right To Side, ½ Turn Right, Side Shuffle Left, Rock Behind, Recover, ¼ Turn Left Triple Step Back**
右點, 右轉, 前交換, 後下沉 回復, 左1/4後交換

1-2 Point Right Toe To Right Side, Make A ½ Turn Right With Weight Ending On Right Next To Left (Like A Monterey Turn)
右足趾指向右側點，右後轉180度結束時重心在右足踏於左足旁

3&4 Side Shuffle To Left Side Left-Right-Left
左側交換步（左、右、左）

5-6 Rock Back On Right, Recover On Left
右足後下沉，左足回復

7&8 Turn ¼ Turn Left As You Triple Step Traveling Back Right-Left-Right左轉90度同時向後小三步（右、左、右）

第三段 **Rock Back Left, Recover Right, Left Step Locks Forward, Right Step Locks Forward, Rock Left Forward, Recover Right**
後下沉 回復, 前鎖步, 前鎖步, 下沉 回復

1-2 Rock Back On Left, Recover Right 左足後下沉，右足回復

3&4 Step Lock Forward Left-Right-Left 前鎖步（左、右、左）

5&6 Step Lock Forward Right-Left-Right 前鎖步（右、左、右）

7-8 Rock Forward On Left, Recover On Right 左足前下沉，右足回復

第四段 **½ Turn Left Shuffle, Full Turn Left (2 ½ Turns Left), Rock Right Forward, Recover Left, Back Right Coaster Step**
轉交換, 轉 轉, 下沉 回復, 海岸步

1&2 Make A ½ Turn Left As You Shuffle Left-Right-Left
左後轉180度並做交換步（左、右、左）

3-4 Turn ½ Turn Left As You Step Back On Right, Turn ½ Turn Left As You Step Forward On Left (Full Turn Left Moving Forward)
左後轉180度右足後踏，左後轉180度左足前踏

5-6 Rock Forward On Right, Recover On Left 右足前下沉，左足回復

7&8 Step Right Back, Step Left Next To Right, Step Right Forward (Back Right Coaster Step) 海岸步（右足後踏，左足靠併，右足前踏）

第五段 Point Left To Side, Cross, Point Right To Side, Cross, Rock Left Forward, Recover Right, ½ Turn Left, Shuffle Forward
左點 交叉 右點 交叉, 下沉 回復, 轉交換

1-4 Point Left Toe To Left Side, Cross Left Over Right, Point Right Toe To Right Side, Cross Right Over Left
左足趾指向左側點，左足交叉於右足前，右足趾指向右側點，右足交叉於左足前

5-6 Rock Forward On Left, Recover On Right 左足前下沉，右足回復

7&8 Make A ½ Turn Left As You Shuffle Forward Left-Right-Left
左後轉180度並做交換步（左、右、左）

第六段 Point Right To Side, Cross, Point Left To Side, Cross, Rock Right Forward, Recover Left, ¼ Turn Right, Shuffle To Right Side
右點 交叉 左點 交叉, 下沉 回復, 轉交換

1-4 Point Right Toe To Right Side, Cross Right Over Left, Point Left Toe To Left Side, Cross Left Over Right
右足趾指向右側點，右足交叉於左足前，左足趾指向左側點，左足交叉於右足前

5-6 Rock Forward On Right, Recover On Left 右足前下沉，左足回復

7&8 Make A ¼ Turn Right As You Side Shuffle To Right Side Right-Left-Right右後轉180度並做交換步（右、左、右）

第七段 Rock Left Forward, Recover Right, Rock Back Left, Recover Right, Syncopated Vine Left, Right Knee Bend
搖椅步, 變奏華倫步, 右膝彎

1-4 Rock Forward On Left, Recover On Right, Rock Back On Left, Recover On Right 左足前下沉，右足回復，左足後下沉，右足回復

5&6 Step Left To Left Side, Step Right Behind Left, Step Left To Left Side左足左側踏，右足在左足後踏，左足左側踏

&7-8 Cross Right Over Left, Step Left To Left Side, Bend Right Knee Inwards (Weight Is Still On Left)
右足在左足前交叉踏，左足左側踏，右膝蓋朝內彎曲（重心在左足）

第八段 Point Right To Right Side, ½ Turn Right, Point Left To Left Side, ½ Turn Left, Point Right To Right Side, Step Right Down, Back Left Coaster Step
右足, 右轉, 左點, 左轉, 趾踵步, 海岸步

1-2 Point Right To Right Side, As You Pivot On The Ball Of Right Foot Turn ½ Turn Right (Similar To A Monterey Turn, Weight Is On Right)
右足趾指向右側點，以右足掌右後轉180度

3-4 Point Left To Left Side, As You Pivot On The Ball Of Left Foot Turn ½ Turn Left (Similar To A Monterey Turn, Weight Is On Left)
左足趾指向左側點，以左足掌左後轉180度

5-6 Point Right To Right Side, Step Down On Right Bringing Weight To Right右足趾指向右側點，右足踏下（重心右足）

7&8 Step Back On Left, Step Right Next To Left, Step Forward On Left (Left Back Coaster Step) 海岸步（左足後踏，右足靠併，左足前踏）