

Sunshine Twist

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

Choreographer: Fred Whitehouse (Ireland) April 2018

Music: Sunshine by River Matthews



Intro – 8 Counts

[1-8] Step, Touch, x2, (Claps) R Shuffle Back Diagonal, Step, Touch, x2 (Claps) L Shuffle Fwd Diagonal

- 1&2& Step RF fwd to R diagonal, touch LF next to R, step LF back diagonal, touch RF next to L (Step clap x2)
- 3&4& Step RF back to R diagonal, close LF next to R, step RF back diagonal, touch LF next to R
- 5&6& Step LF back to L diagonal, touch RF next to L, step RF fwd diagonal, touch LF next to R
- 7&8 Step LF fwd to L diagonal, close RF next to L, step LF fwd to L diagonal

[9-16] Cross & Heel, Ball Cross Shuffle, $\frac{3}{4}$ Turn R Walking R,L,R,L

- 1&2& Cross RF over L, step LF to L side, touch R heel to R side, close RF next to L
- 3&4 Cross LF over R, step RF to R side, cross LF over R (12.00)
- 5-8 Make $\frac{3}{4}$ turn R walking R,L,R,L (LF should finish fwd to 9.00)

(Optional fun hands- During the cross shuffle bring both hands out and upward making a circle. During the 4 walks shake the hands downward, palms facing fwd to the chorus “shiver down my spine”)

[17-24] Toe, Heel, Step, x2, Stomp x2, Flick (slap), Touch, Hook (slap), Touch, Flick (slap), Stomp 2

- 1&2 Touch R toe next to L, touch R heel to R side, step RF forward
- &3& Touch L toe next to R, Touch L heel to L side, step LF forward
- 4&5 Stomp RF next to L, stomp LF next to R, flick R heel up and out to the R side (Flick heel up and slap with R hand)

****Restart** During wall 8, finish the Toe heel steps x2 and the stomp, stomp. You should RESTART facing 12.00**

- &6& Touch R toe fwd, hook R heel over LF (slap with L hand), touch R toe fwd
- 7&8 Flick R heel up and out to the R side (Flick heel up and slap with R hand), stomp RF in place, stomp LF next to R

[25-32] Rock, Recover, Step Back, Coaster Step, Charleston Step

- 1&2 Rock RF fwd, recover on to L, step RF back
- 3&4 Step LF back, close RF next to L, step LF fwd
- 5-8 Touch RF fwd, step RF back, touch LF back, step LF fwd (Option: Add Charleston Swivels for style.)

Tag: End of wall 3

- 1-4 Repeat Last 4 Counts facing 3.00 (Charleston Step)

Smile and Enjoy