

Sunshine in my Pocket

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)
&78 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
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
5-6-7-8

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

Making a "C" shape with the hips, touch RF to the R while bumping hips up and to the

5&6&7 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