

# Sunshine Polka



<b>Choreographer</b>	<b>Jan Smith</b> - May 00 - 0870 6061490 <a href="mailto:jan@nationaldance.free-online.co.uk">jan@nationaldance.free-online.co.uk</a>
<b>Description</b>	32 count, Intermediate Partner Dance, in Side by Side position. Ladies steps opposite unless specified
<b>Music:</b>	<b>Hearts &amp; Flowers</b> By Dave Sheriff 120 bpm. Can be danced to any Polka

## RIGHT SHUFFLE, LEFT SHUFFLE

- 1 & 2 Shuffle forwards right, left, right. (Angle body to left)  
3 & 4 Shuffle forwards Left, right, left (Angle body to right)

## RIGHT SHUFFLE, LEFT SHUFFLE

- 5 & 6 Shuffle forwards right, left, right. (Angle body to left)  
7 & 8 Shuffle forwards Left, right, left (Angle body to right)

## STEP RIGHT PIVOT 1/2 LEFT PIVOT 1/4 LEFT, RIGHT SIDE CLOSE SIDE

- 9 -10 Step right foot forward pivot 1/2 left, ( Drop hands)  
11&12 pivot 1/4 on ball of left , Step right to right side, close left to right, step, Rt to Rt side.  
(Rejoining hands)

## CROSS BEHIND, POINT RIGHT. CROSS IN FRONT, TOUCH LEFT

- 13 -14 Cross left behind right, point right to right side.  
15 -16 Cross right in front of left, touch left by right.

## CLOCKWISE TURNING POLKA X3, (turning 1 full circle) WALK, WALK.

*(The next three sideways shuffles are danced turning clockwise one complete turn)  
(Polka steps are danced in Closed Western Position )*

- 17-18 Shuffle sideways and turning, Step left to left, close right to left, step left to left  
19-20 Shuffle sideways and turning, Step right to right, close left to right, step right to right  
21-22 Shuffle sideways and, turning, Step left to left, close right to left, step left to left  
23 - 24 Walk forwards right, left

## CROSS BEHIND, STEP SIDE , TOUCH HEEL SIDE, STEP RIGHT.

- 25 - 26 Cross right behind left, Step left to left side  
27 - 28 Touch right heel to side (whilst angling body to face towards partner)  
Step right beside left (whilst angling body back to face LOD)

## KICK, STEP BACK, HOOK

- 29 - 30 Touch left by right, kick left forward  
31 - 32 Step back onto Left, hook right across left

## START AGAIN

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**Every effort has been made to ensure these cue Sheets are accurate, Should you find any errors, Please let me know via e-mail thank you..... Robert**