

Pocket Full of Sunshine

Choreo: Ben Graham & Reina Beaven

Sequence: A B C B D C A D D*

Artist: Natasha Bedingfield

Album: NOW 28 (radio version)

Level: Intermediate

Music: Pop

Wait: 16 beats

Part A

1 Crazy Joey: DS RS(xib) RS(xif) RS(ots) RS(xib) RS(ots) Heel/Ball Chug RS
 L RL RL RL RL RL L/R L LR
 &a1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

Slur Flip: DS Slur (¾ RIGHT) St RS Brush Chug
 L R R LR L L
 &a1 & 2 & 3 & 4

Rhythm Scoot: Step Scoot Step Step Scoot Scoot Step
 L L R L L L R
 1 & 2 & 3 & 4
 REPEAT 3x TO FACE FRONT

Part B

2 Donkeys: DS RS(if) RS(ots) RS(ib) DS RS(if) RS(ots) RS(ib)
 L RL RL RL R LR L R L R
 &a1 & 2 & 3 & 4 &a5 & 6 & 7 & 8

Fancy Double: DS DS RS RS (moving to left diagonal)
 L R L R L R

Triple: DS DS DS RS (backing up out of diagonal)
 L R L R L

REPEAT with opposite foot to opposite diagonal



Part C

2 Swivel Heels: DS Heel(swivel toe OTS) RS Heel(swivel toe OTS) DS DS DS RS (¾ right on triple)
 L R RL R R L R L R L R
 &a1 & 2 & 3 & 4 &a5 &a6 &a7 & 8

Over the Log: Step Step PAUSE Step Step PAUSE
 L R Clap L R Clap, Clap

Jazz: Ball Heel Ball Heel Ball Heel Ball Heel (¼ right on jazz square to front)
 L L R R L L R R
 & 1 & 2 & 3 & 4
 REPEAT 1x

Part D

Heel Stutter: DS DS(ib) R H(if) St(ib) R H(if) RS DSRs
 L R L R L R L RL R LR
 &a1 &a2 & 3 4 & 5 & 6 &a7 & 8

Canadian Mountain Goat: DS RS(if) RS(ots) (begin turning ¼ RIGHT) Dbl Hop Tch (tch toe ib)
 L RL RL L R R
 &a1 & 2 & 3 3e& a 4

Stomp Dbl Basic: Stomp DS DS RS (turn ¼ RIGHT)
 R L R LR

REPEAT TO FRONT

Part D*
Heel Stutter
Cndn. Mt. Goat
Stomp Dbl (360)

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| <p><u>Part A</u> 1 Crazy Joey Slur Flip ¾ Rhythm Scoot REPEAT 3x to FRONT</p> | <p><u>Part B</u> 2 Donkeys Fancy Dbl (Forw Diag) Triple (backing up) REPEAT Oppo. Foot</p> | <p><u>Part A</u> 1 Crazy Joey Slur Flip ½ Rhythm Scoot REPEAT to FRONT</p> | |
| <p><u>Part B</u> 2 Donkeys Fancy Dbl (Forw Diag) Triple (backing up) REPEAT Oppo. Foot</p> | <p><u>Part D</u> Heel Stutter Cndn Mt. Goat ¼ RIGHT Stomp Dbl Basic ¼ RIGHT REPEAT 4 Shuffles</p> | <p><u>Part D</u> Heel Stutter Cndn Mt. Goat ¼ RIGHT Stomp Dbl Basic ¼ RIGHT REPEAT</p> | |
| <p><u>Part C</u> 2 Swivel Heels, Triple ¾ R Over the Log Jazz Box ¼ R REPEAT 1x</p> | <p><u>Part C</u> 2 Swivel Heels, Triple ¾ R Over the Log Jazz Box ¼ R REPEAT 1x</p> | <p><u>Part D*</u> Heel Stutter Cndn Mt. Goat Stomp Dbl Basic 360</p> | |