

# Sunshine Polka

Jan Smith

Type : 32 Count, Progressive Dance, Circle Dance (Polka)  
Level : Partner Pattern Dance & Classic Pattern Partner Dance A  
Music : "Hearts And Flowers" by Dave Sheriff (120 BPM)  
Arms : For the arm connections, please refer to the Original WCDF video

## Leader

### Starting position:

Side by side position Line Of Dance  
(12.00)

### SHUFFLE STEP R, SHUFFLE STEP L, SHUFFLE STEP R, SHUFFLE STEP L

1	RF	Step forward
&	LF	Step together
2	RF	Step forward
3	LF	Step forward
&	RF	Step together
4	LF	Step forward
5	RF	Step forward
&	LF	Step together
6	RF	Step forward
7	LF	Step forward
&	RF	Step together
8	LF	Step forward

### STEP, ½ PIVOT TURN L, ¼ PIVOT TURN L, CHASSÉ, CROSS BEHIND, TOUCH, CROSS OVER, TOUCH

9	RF	Step forward
10	LF	½ Turn L, recover weight (6.00)
11	RF	¼ Turn L, step side (3.00)
&	LF	Step together
12	RF	Step R
13	LF	Cross behind
14	RF	Touch R
15	RF	Cross over
16	LF	Touch together

## Follower

### Starting position:

Side by side position Line Of Dance  
(12.00)

Lady's steps opposite unless specified

### SHUFFLE STEP L, SHUFFLE STEP R, SHUFFLE STEP L, SHUFFLE STEP R

1	LF	Step forward
&	RF	Step together
2	LF	Step forward
3	RF	Step forward
&	LF	Step together
4	RF	Step forward
5	LF	Step forward
&	RF	Step together
6	LF	Step forward
7	RF	Step forward
&	LF	Step together
8	RF	Step forward

### STEP, ½ PIVOT TURN R, ¼ PIVOT TURN R, CHASSÉ, CROSS OVER, TOUCH, CROSS BEHIND, TOUCH

9	LF	Step forward
10	RF	½ Turn R, recover weight (6.00)
11	LF	¼ Turn R, step side (9.00)
&	RF	Step together
12	LF	Step L
13	RF	Cross over
14	LF	Touch L
15	LF	Cross behind
16	RF	Touch together

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## Leader

### POLKA TURNING RIGHT 3X (TURNING 1 FULL CIRCLE), STEP FORWARD 2X

17 LF Step L  
& RF Step together  
18 LF ¼ Turn R, step backwards (6.00)  
19 RF ¼ Turn R, step R (9.00)  
& LF Step together  
20 RF ¼ Turn R, step forward (12.00)  
21 LF Step forward  
& RF Step together  
22 LF Step forward  
23 RF Step forward  
24 LF Step forward

### CROSS BEHIND, TOGETHER, TOUCH HEEL, STEP SIDE, TOUCH, KICK, BACKWARDS, HOOK

25 RF Cross behind  
26 LF Step together  
27 RF Touch heel diagonally R forward  
28 RF Step R  
29 LF Touch together  
30 LF Kick forward  
31 LF Step backwards  
32 RF Hook over

## Follower

### POLKA TURNING LEFT 3X (TURNING 1 FULL CIRCLE), STEP FORWARD 2X

17 RF Step R  
& LF Step together  
18 RF ¼ Turn R, step forward (12.00)  
19 LF ¼ Turn R, step L (3.00)  
& RF Step together  
20 LF ¼ Turn R, step backwards (6.00)  
21 RF ¼ Turn R, step R (9.00)  
& LF Step together  
22 RF ¼ Turn R, step forward (12.00)  
23 LF Step forward  
24 RF Step forward

### CROSS BEHIND, TOGETHER, TOUCH HEEL, STEP SIDE, TOUCH, KICK, BACKWARDS, HOOK

25 LF Cross behind  
26 RF Step together  
27 LF Touch heel diagonally L forward  
28 LF Step L  
29 RF Touch together  
30 RF Kick forward  
31 RF Step backwards  
32 LF Hook over