

# WALKING ON SUNSHINE

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**Level:** Beginner Plus  
**Tempo:** 112+ beats per minute **Time:** 3:54 minutes  
**Wait:** 8 Beats  
**Order:** Intro A B A B Break B Ending

## INTRO (32 beats)

2 – Basics  
1 – Triple  
2 – Basics  
1 – Triple  
2 – Brush Up  
1 – Triple Brush  
2 – Brush Up  
1 – Triple Brush

## PART A (64 beats)

1 – Traveling Triple  
1 – Fancy Double (right foot start)  
1 – Traveling Triple  
1 – Fancy Double (left foot start)  
2 – Cowboys (turn 180 on each)  
1 – Triple Brush and Triple Back (angle left)  
1 – Triple Brush & Triple Back (angle right)  
2 – Cowboys (turn 180 on each)

## PART B (40 beats)

1 – Push Off (left)  
2 – Kentucky Basics  
1 – Push Off (right)  
2 – Kentucky Basics  
4 – Rocking Chairs (in a box and clapping)

## PART A (64 beats)

1 – Traveling Triple  
1 – Fancy Double (right foot start)  
1 – Traveling Triple  
1 – Fancy Double (left foot start)  
2 – Cowboys (turn 180 on each)  
1 – Triple Brush and Triple Back (angle left)  
1 – Triple Brush & Triple Back (angle right)  
2 – Cowboys (turn 180 on each)

## PART B (40 beats)

1 – Push Off (left)  
2 – Kentucky Basics  
1 – Push Off (right)  
2 – Kentucky Basics  
4 – Rocking Chairs (in a box and clapping)

## BREAK (64 beats)

2 – Vines (left and right)  
  
1 – Mountain Goat  
2 – Basics (turn ¼ left on 2<sup>nd</sup> basic)  
  
Repeat Mnt. Goat & Basics 3 times to all 4 walls.  
  
2 – Push Offs (left, then right)  
2 – Kentucky Basics (left, then right)

## PART B (40 beats)

1 – Push Off (left)  
2 – Kentucky Basics  
1 – Push Off (right)  
2 – Kentucky Basics  
4 – Rocking Chairs (in a box and clapping)

## ENDING (48 beats)

1 – Mountain Goat  
2 – Basics (turn 180 to back)  
2 – Triple Kentucky Drag with a Basic  
  
1 – Mountain Goat  
2 – Basics (turn 180 to front)  
2 – Triple Kentucky Drag with a Basic

End with sunshine arms, raised.

## STEP DESCRIPTIONS:

### BASICS

DS RS

L RL

&a1 &2 Repeat opposite footwork.

### TRIPLE

DS DS DS RS

L R L RL

&a1 &a2 &a3 &4

Repeat opposite footwork.

# WALKING ON SUNSHINE

## BRUSH UP

DS	Brush	Lift/H
L	R	R/L
&a1	&	2

Repeat opposite footwork.

## TRIPLE BRUSH

DS	DS	DS	Brush	Lift/H
L	R	L	R	R/L
&a1	&a2	&a3	&	4

Repeat opposite footwork.

## TRAVELING TRIPLE

	XIF			
DS	DS	DS	RS	
R	L	R	LR	
&a1	&a2	&a3	&a4	

Repeat opposite footwork.

## FANCY DOUBLE

DS	DS	RS	RS
R	L	RL	RL
&a1	&a2	&3	&4

Repeat opposite footwork.

## COWBOY TURNING

MOVE FORWARD		XIF	MOVE BACK
DS	DS	DS	Br H DS RS RS RS
L	R	L	R L R LR LR LR
&a1	&a2	&a3	& 4 &a5 &6 &7 &8

Turn the cowboy 1/2 left on &4.

## PUSH OFF

DS	RS	RS	RS
L	RL	RL	RL
&a1	&2	&3	&4

Repeat opposite footwork.

## KENTUCKY BASIC

		XIF		
DS	Drag/Kick	Step	DS	RS
L	L/R	R	L	RL
&a1	&	2	&a3	&4

Repeat opposite footwork.

## ROCKING CHAIRS

DS	Br	H	DS	RS
L	R	L	R	LR
&a1	&	2	&a3	&4

## VINE

OTS	XIF	OTS	XIB	OTS	XIF	OTS
DS	DS	DS	DS	DS	DS	DS RS
L	R	L	R	L	R	L RL
&a1	&a2	&a3	&a4	&a5	&a6	&a7 &8

Repeat opposite footwork.

## MOUNTAIN GOAT

	XIF	OTS	OTS	XIF	( XIB )
DS	Ba	Ba	Ba	Ba	Ba Slide
L	R	L	R	L	R R
&a1	&	2	&	3	& 4

## TRIPLE KENTUCKY DRAG WITH BASIC

	XIF		XIF		XIF
DS	Dr/K	S	DS	Dr/K	S DS Dr/K S DS RS
L	L/R	R	L	L/R	R L L/R R L RL
&a1	&	2	&a3	&	4 &a5 & 6 &a7 &8

Repeat opposite footwork.

## Abbreviations:

Ba = Ball  
 Br = Brush  
 Dr = Drag  
 DS = Double Step  
 H = Heel  
 K = Kick  
 RS = Rock Step  
 S = Step

L = Left Foot  
 R = Right Foot

IF = in front  
 IB = in back  
 XIB = cross in back  
 XIF = cross in front  
 OIB = out in back  
 OIF = out in front  
 OTS = out to side