

# Pocketful Of Sunshine

**music:** Pocketful Of Sunshine (album: Pocketful Of Sunshine)  
**artist:** Natasha Bedingfield  
**choreo:** Bianca Behrens ([Bianca@clogging.de](mailto:Bianca@clogging.de))  
**taught at:** ECTA Clog Convention 2013 (Rotenburg/Wümme)

**level:** EASY  
**time:** 3:23 min  
**speed:** 116 bpm

**sequence:** **A B A\*A\* B Break B\*B\* A END**  
wait 16 beats

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## Part A (32 beats)

2 Stomp Double	STO DS DS RS (turn 1/4 L)	STO DS DS RS (turn 1/4 L)
Turn	L R L RL	R L R LR
	1 &2 &3 &4	5 &6 &7 &8
2 Turkey	H(ots/w) FLP S(xib) DS RS	H(ots/w) FLP S(xib) DS RS
	L L R L RL	R R L R LR
	1 & 2 &3 &4	5 & 6 &7 &8

Repeat all above to face front again

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## Part B (32 beats)

Samantha	DS DS(xif) DR S(ib) DR S(ib) RS DS DS RS	
	L R R L L R LR L R LR	
	&1 &2 & 3 & 4 &5 &6 &7 &8	
Triple Turn	DS DS DS RS (turn 1/2 L)	DS RS RS RS (move R)
& Push Off	L R L RL	R LR LR LR
	&1 &2 &3 &4	&5 &6 &7 &8

Repeat all above to face front again

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## A\* (32 beats)

Just like part A, but **turn 1/2 left** on 1<sup>st</sup> Stomp Double (to turn 3/4 L on both)

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## Break (36 beats)

Fancy Run	DS DS(xif) BA(ots) BA(xib) BA(ots) S	DS DS RS RS (1/4 L)
& Fancy Double	L R L R L R L R	L R LR LR
Turn	&1 &2 & 3 & 4	&5 &6 &7 &8
Cowboy Turn	DS DS DS BR UP/H DS(1/4 L)	RS RS RS (move sideward)
	L R L R R L R	LR LR LR
	&1 &2 &3 & 4 &5	&6 &7 &8

Repeat all above to face front again, then add

4 Snaps  
snap 4 times with your fingers  
(no footwork)  
1-4

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## B\* (32 beats)

Just like part B, but **turn 3/4 left** on each Triple Turn

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## Ending (48 beats)

4 Rocking Chair DS ER UP/H DS RS DS ER UP/H DS RS DS ER UP/H DS RS DS ER UP/H DS RS (1/4 L each)  
Turn L R R L R IR L R R L R IR L R R L R IR L R R L R IR  
&1 & 2 &3 &4 &5 & 6 &7 &8 &1 & 2 &3 &4 &5 & 6 &7 &8

Fancy Run DS DS(xif) BA(ots) BA(xib) BA(ots) S DS DS DS RS  
& Triple L R L R L R L R L R L RL  
&1 &2 & 3 & 4 &5 &6 &7 &8

Cowboy DS DS DS BR UP/H DS(xif) RS RS RS  
R L R L L R L RL RL RL  
&1 &2 &3 & 4 &5 &6 &7 &8

**Repeat Fancy Run, Triple & Cowboy (opposite footwork), then add**

Armcircle cross arms in front and move up & out in 2 beats to a V position

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**sequence: A B A\*A\* B Break B\*B\* A END**

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V:14.07.2013

## Cuecard:

# Pocketful Of Sunshine

level: **EASY**

Natasha Bedingfield / Bianca Behrens  
/ **time:** 3:23 min **speed:** 116 bpm

Intro wait 16 beats

A 2x[Sto Dbl (1/4L) / Sto Dbl (1/4L) / 2 Turkey]  
B 2x[Samantha / Triple (1/2L) / Push Off]

A\* 2x[Sto Dbl (1/2L) / Sto Dbl (1/4L) / 2 Turkey]  
A\* 2x[Sto Dbl (1/2L) / Sto Dbl (1/4L) / 2 Turkey]  
B 2x[Samantha / Triple (1/2L) / Push Off]

Break 2x[Fancy Run / Fancy Dbl (1/4L) / Cowboy (1/4L)]  
4 Snaps

B\* 2x[Samantha / Triple (3/4L) / Push Off]  
B\* 2x[Samantha / Triple (3/4L) / Push Off]  
A 2x[Sto Dbl (1/4L) / Sto Dbl (1/4L) / 2 Turkey]

End 4x Rocking Chair (1/4L each)  
2x[Fancy Run / Triple / Cowboy]  
armcircle in 2 beats