



Dance Card 1

Walking on Sunshine

Action for Life

LESSON
7

Intro

< DRUMS >

March on the spot

< INSTRUMENTAL >

Sway body left and right with arms
in the air

Verses

I used to think maybe you loved me now baby I'm sure

Twist from waist, to left then right (x4)

And I just can't wait till the day when you knock on my door

Touch left knee to right elbow, then right knee to left elbow (x4)

Now every time I go for the mailbox, gotta hold myself down

Slow jumping jacks x4 (1 jumping jack = arms out and in)

'Cause I just can't wait 'til you write me you're coming around

Reach down to touch floor, then stretch up high (x4)

Chorus

I'm walking on sunshine

Walk around in a circle

(Whoa-oh!)

Raise arms up and out like a rainbow

And don't it feel good

Jump in place like skipping without a rope

Bridge

< INSTRUMENTAL >

Stretch arms up, then down to touch shoulders;

Stretch arms out to side, then in to touch shoulders

I'm walking on sunshine, Walking on sunshine,

Spin around to the left Spin around to the right

I feel alive, I feel the love...

Jog around in a circle until final chorus

■ = lyrics ■ = actions