# This Perfect Day

Ebene: Intermediate

Choreograf/in: Kay Greig (UK)

**Count: 40** 

Musik: Ain't Gonna Work Today - Junior Brown

#### ROCK RIGHT HIP FORWARD, ROCK HIP BACK, ROCK HIP FORWARD, STEP BACK RIGHT WITH A LEFT KICK, LEFT COASTER STEP

- Rock right forward pushing hip forward with attitude 1
- & Recover weight onto left
- 2 Rock right back pushing hip back with attitude
- & Recover weight onto left
- 3 Rock right forward pushing hip forward with attitude
- & Recover weight onto left
- 4& Step back right, kick left forward
- 5&6 Left coaster step (back left, right together, left forward)

## ROCK RIGHT SIDE, RECOVER, CROSS, ROCK LEFT SIDE, RECOVER, TOUCH

- 7& Rock right to right side, recover weight onto left
- 8 Cross right over left
- 9& Rock left to left side, recover weight onto right
- 10 Touch left together besides right

### ROCK LEFT HIP FORWARD, ROCK HIP BACK, ROCK HIP FORWARD, STEP BACK LEFT WITH A RIGHT **KICK, RIGHT COASTER STEP**

- Rock left forward pushing hip forward with attitude 11
- & Recover weight onto right
- 12 Rock left back pushing hip back with attitude
- & Recover weight onto right
- 13 Rock left forward pushing hip forward with attitude
- Recover weight onto right &
- 14& Step back left, kick right forward
- 15&16 Right coaster step (back right, left together, right forward) walk forward left right with straight legs, left lock back
- 17 Walk forward left with straight leg
- 18 Walk forward right with straight leg
- 19&20 Step back left, lock right in front of left, step back left

# RIGHT COASTER, FORWARD, SIDE, TOGETHER, BACK, BACK, RIGHT SIDE, TOGETHER, TURN 1/4

- RIGHT
- 21&22 Right coaster (back right, left together, right forward)
- 23 Step forward left
- 24& Step right to right side, step left together
- 25-26 Step back right, step back left
- 27& Step right to right side, step left together
- Step right into 1/4 turn right 28

# LEFT CROSS, BACK, CROSS, BACK, CROSS, BACK (TRAVELING BACK)

- 29 Cross left over right (dip down slightly for attitude)
- & Step back right (still dipped down slightly for attitude)
- 30 Cross left over right (raise up for attitude)





Wand: 2

- 31 Step back right (dip down slightly for attitude)
- & Cross left over right (still dipped down slightly for attitude)
- 32 Step back right (raise up for attitude)

# LEFT COASTER, STEP, PIVOT ½ LEFT

- 33&34 Left coaster step (back left, right together, left forward)
- 35-36 Step forward right, pivot ½ turn left

# RIGHT SHUFFLE FORWARD, TRIPLE ¾ TURN RIGHT

- 37&38 Step forward right, step left besides right, step forward right
- 39&40Triple step turning ¾ turn right (right, left, right)

## REPEAT