24 Hours Of The Day



Count: 48 Wand: 2 Ebene: Intermediate

Choreograf/in: Shirley Barnett (USA)

Musik: It's Love Baby - Delbert McClinton



FULL TURN LEFT WITH 4 CHUGS, RIGHT MONTEREY TURN

1-2-3-4 With weight on ball of left foot pivot ¼ turn left touching right toe out to right side, repeat 3

times (you are now facing original wall)

5-6 Touch right toe out to right side, pivot on left foot ½ turn right sliding right foot next to left

taking weight on right foot

7-8 Touch left toe out to left side, step left foot next to right foot

RIGHT MONTEREY TURN, CROSS SHUFFLES BACK

9-10 Touch right toe out to right side, pivot on left foot ½ turn right sliding right foot next to left

taking weight on right foot

11-12 Touch left toe out to left side, touch left foot next to right foot (weight remains on right foot)

13&14 Step left foot diagonally back and left, step and lock right foot over left foot, step left foot

diagonally back and left

15&16 Step right foot diagonally back and right, step and lock left foot over right foot, step right foot

diagonally back and right

COASTER STEP, STEP DIAGONALLY FORWARD, TOUCH, STEP DIAGONALLY FORWARD, TOUCH, HIP BUMPS

17&18 Step back with left foot, step right foot next to left, step forward with left foot

19-20 Take large step diagonally forward right with right foot snaking right shoulder, touch left toe

next to right foot

21-22 Take large step diagonally forward left with left foot snaking left shoulder, touch right toe next

to left foot

Step down on right foot and bump hips right, bump hips left, bump hips right (weight ends on

right foot)

STEP FORWARD, PIVOT 1/4, MASH POTATO STEPS BACK, ROCK BACK, ROCK FORWARD

25-26 Step forward with left foot, pivot ¼ turn right shifting weight to right foot

&27&28 Swiveling both heels out raise left foot up, swiveling both heels in step back on left foot,

swiveling both heels out raise right foot up, swiveling both heels in step back on right foot

&29&30 Swiveling both heels out raise left foot up, swiveling both heels in step back on left foot,

swiveling both heels out raise right foot up, swiveling both heels in step back on right foot

31-32 Step and rock back on left foot, rock weight forward to right foot

STEP FORWARD, STEP TOGETHER, HIP BUMPS, HIP SWAY WITH 1/4 TURN

33-34 Step forward with left foot, step right foot next to left keeping weight on left foot

35-36 Bump hips to the right 2x 37-38 Bump hips to the left 2x

Roll hips to the left, pivot 1/4 turn to the right ending with weight on left foot (39 and 40 should

be a flowing motion)

COASTER STEP, LEFT SIDE SHUFFLE, RIGHT SIDE SHUFFLE, ROCK SIDE CLAP

41&42	Step back with right foot, step left foot next to right, step forward with right foot
43&44	Step to the left with left foot, step right foot next to left step to the left with left foot
45&46	Step to the right with right foot, step left foot next to right step to the right with right foot

47-48 Step and rock to the left with left foot, hold and clap

REPEAT

