The Sweetest Days

拍数: 32 **墙数:** 4 **级数:**

编舞者: Amanda Bowden (AUS) & Gordon Elliott (AUS) - June 2017

音乐: The Sweetest Days - Vanessa Williams : (Album: The Sweetest Days)

This dance is done in FOUR directions. Introduction : 16 Beats
Original Position: Feet Together Weight On The Left Foot.

COASTER FORWARD, BEHIND-1/4 FORWARD-QUICK PIVOT-FORWARD FULL HITCH, FORWARD-TOGETHER-BACK, BACK

1 & 2	Coaster : Step R Forward, Step L Together, Step R Back,
3 &	Sweep To Step L Behind Right, Turn 90☐ Right Step R Forward, (3.00)
4 &	Pivot : Step L Forward, Turn 180☐ Right Take Weight Onto R, (9.00)
5	Step L Forward Turning 360☐ Right Hitch R, (9.00)
6 &	Step R Forward, Step L Together,
7, 8	Sweep To Step R Back, Sweep To Step L Back. (9.00)

BACK-HOOK-FORWARD-SWEEP-ACROSS-SIDE-BEHIND-SIDE-ACROSS, ROCK & ACROSS, ROCK &

1 &	Step R Back, Hook L Heel To Right Shin,
2 &	Step L Forward, Sweep R Toe To The Side, (9.00)
3 &	Step R Across In Front Of Left, Step L To The Side,
4 &	Step R Behind Left, Step L To The Side,
5, 6 &	Step R Across In Front Of Left, Rock Onto L, Step R Together,
7, 8 &	Step L Across In Front Of Right, Rock Onto R, Step L Together. (9.00)

FORWARD 1/2 SWEEP, BEHIND-SIDE-ACROSS, SIDE-ROCK-ACROSS, 1/4 BACK-1/2 FORWARD-FORWARD, ROCK &

1	Step R Forward Turning 180☐ Left Sweep L Toe To The Side, (3.00)
2 & 3	Step L Behind Right,Step R To The Side,Step L Across In Front Of Right,
4 & 5	Step R To The Side, Side Rock Onto L, Step R Across In Front Of Left,
6 &	Turn 90☐ Right Step L Back, Turn 180☐ Right Step R Forward, (12.00)
7, 8 &	Step L Forward, Rock Back Onto R, Step L Together. (12.00)

PIVOT TURN, ROLL FORWARD-FORWARD, BACK-1/2 FORWARD-1/4 SIDE & ACROSS, ROCK &

1, 2	Pivot : Step R Forward, Turn 180☐ Left Take Weight Onto L, (6.00)
3 &	Turn 180☐ Left Step R Back, Turn180☐ Left Step L Forward, (6.00)
4	Step R Forward,
5 &	Step L Back, Turn 180☐ Right Step Forward, (12.00)
6 &	Turn 90☐ Right Step L To The Side, Step R Together, (3.00)
7, 8 &	Step L Across In Front Of Right, Rock Onto R, Step L Together. (3.00)**

[32]☐REPEAT THE DANCE IN NEW DIRECTION

TAG : At the END (**) of WALL 2 (6.00) ADD the following tag :

1 & 2	Coaster : Step R Forward, Step L Together, Step R Forward,
3 & 4	Coaster : Step L Back, Step R Together, Step L Forward,
5, 6	Rocking Chair : Step R Forward, Rock Back Onto L,
7, 8	Step R Back, Rock Forward Onto L.