拍数： 112
堷数： 1
级数：Phrased High Beginner
编舞者：Shirley Tam（CAN）－September 2018
音乐：Day by Day－Robin Lamont \＆Godspell Ensemble

Intro： 13 counts（start on Vocal）Seq：A A B B B．．．．．
Wall 1 and 2 ：Part A（48 counts）
Part A ： 48 counts

| Section A1 $:$ | STEP BACK，ROCK，FORWARD，HOLD，STEP FORWARD，ROCK，BACK，HOLD |
| :--- | :--- |
| $1-4$ | Step R Back，Rock Recover on L，Step R Forward，Hold |
| $5-8$ | Step L Forward，Rock Recover on R，Step L Back，Hold |

Section A2 ： $1 / 4$ TURN LEFT，ROCK RECOVER，SIDE，HOLD， $1 / 4$ TURN RIGHT，ROCK RECOVER，SIDE， HOLD
1－2 Step R forward with 1／4 Turn L，Rock Recover on L，
3－4 Step R to right with 1／4 Turn R，Hold
5－6 Step L to forward with 1／4 Turn R，Rock Recover on R，
7－8 Step L to left with $1 / 4$ Turn L，Hold
Section A3 ：CROSS，SIDE，CROSS，RONDE X 2
1－4 Step R Cross over L，Step L to left，Step R Cross over L，L Ronde from back to front
5－8 Step L Cross over R，Step R to right，Step L Cross over R，R Ronde from back to front
Section A4 ：SERPIENTE－CROSS，SIDE，BACK，RONDE，BACK，SIDE，CROSS，HOLD
1－4 Step R Cross over L，Step L to left，step R Cross behind L，L Ronde from Front to Back
5－8 Step L Cross behind R，Step R to right，Step L Cross over R，Hold
Section A5 ：SIDE，ROCK RECOVER，CROSS，HOLD X 2
1－4 Step R to right，Rock Recover on L，Step R Cross over L，Hold
5－8 Step L to left，Rock Recover on R，Step L Cross over R，Hold
Section A6：SWAY，SWAY，SWAY，HOLD X 2
1－4 Step R to R with sway，Step L to L with sway，Step R to R with sway，Hold
5－8 Step L to L with sway，Step R to R with sway，Step L to L with sway，Hold
Wall 3 to the End ：Part B（64 counts）
Part B： 64 counts
Section B1 ：RIGHT SIDE SHUFFLE，BACK ROCK，LEFT SIDE SHUFFLE，BACK ROCK
1 \＆ 2 Chasse to right stepping $R, L, R$
3－4 Rock $L$ back，Recover on $R$
5 \＆ $6 \quad$ Chassé to left stepping $L, R, L$
7－8 Rock R back，Recover on $L$
Section B2 ：SHUFFLE $1 / 2$ TURN LEFT，BACK ROCK，SHUFFLE $1 / 2$ TURN RIGHT，BACK ROCK
1 \＆ 2 Step R forward 1／2 Turn Shuffle left stepping R，L，R
3－4 Rock L back，recover on $R$
5 \＆ $6 \quad$ Step L forward 1／2 Turn Shuffle right stepping L，R，L
7－8 Rock R back，recover on $L$
Section B3 ：TOE STRUT FORWARD X 4
1－4 Touch R toe forward，Heel down，Touch $L$ toe forward，Heel down

## Section B4 : ROLLING VINE, TOUCH X 2

1-2 Turn 1/4 right Stepping R forward, turn 1/2 right stepping L back,
3-4 Turn $1 / 4$ right Stepping R, Touch $L$ to left with clap
5-6 Turn $1 / 4$ left Stepping $L$ forward, turn $1 / 2$ left stepping $R$ back,
7-8 Turn $1 / 4$ left Stepping $L$, Touch $R$ to right with clap

## Section B5 : K STEPS

1-2 Step R forward $R$ diagonal, Touch $L$ beside $R$ (with clap)
3-4 Step $L$ back $L$ diagonal, Touch $R$ beside $L$ (with clap)
5-6 Step R back R diagonal, Touch L beside R (with clap)
7-8 Step L forward L diagonal, Touch R beside L (with clap)
Section B6 : SHUFFLE FORWARD X 3, STEP-TURN
1\&2 Shuffle forward Stepping R, L, R
3\& $4 \quad$ Shuffle forward Stepping $L, R, L$
5 \& $6 \quad$ Shuffle forward Stepping R, L, R
7-8 Step L forward, Pivot 1/2 Turn right (weight to right)
Section B7 : SHUFFLE FORWARD X 3, STEP-TURN
1 \& 2 Shuffle forward Stepping L, R, L
3 \& 4 Shuffle forward Stepping R, L, R
5 \& $6 \quad$ Shuffle forward Stepping L, R, L
7-8 Step R forward, Pivot $1 / 2$ Turn left (weight to left)

## Section B8 : SIDE, TOGETHER, SIDE, KICK X 2

1-4 Step $R$ to right, Step $L$ together $R$, Step $R$ to right, $L$ kick diagonal to left
5-8 Step L to left, Step R together L, Step L to left, R kick diagonal to right
Have Fun
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