

Day By Day

拍数: 112 墙数: 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 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 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

5 – 8 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 Shuffle forward Stepping L, R, L
5 & 6 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 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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Last Update - 25th Sept. 2018
