

Perfect Day

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Miia Ratilainen (FIN) - March 2023
音乐: Perfect Day - Lady A



NOTES 16 counts from the beat (app. 19 seconds), TAG at the end of dance when facing 3 or 9 o'clock.

[1 – 8] SHUFFLE FORWARD TWICE, ROCK-STEP, COASTER-STEP

- 1 & 2 Step right forward, step left beside to right, step right forward.
3 & 4 Step left forward, step right beside to left, step left forward.
5 – 6 Rock right forward, recover onto left.
7 & 8 Step back on right, step left next to right, step right forward.

[9 – 16] ROCK-STEP, SHUFFLE BACK TWICE, COASTER-STEP

- 1 – 2 Rock left forward, recover onto right.
3 & 4 Step back on left, step right beside left, step back on left.
5 & 6 Step back on right, step left beside to right, step back on right.

Styling: You can make two ½ left turn shuffles instead.

- 7 & 8 Step back on left, step right next to left, step left forward.

[17 - 24] CROSS ROCK-STEP, SIDE SHUFFLE, CROSS ROCK-STEP, ¼ LEFT TURN SHUFFLE

- 1 – 2 Cross rock right over left, recover onto left.
3 & 4 Step right to right side, step left beside right, step right to right side.
5 – 6 Cross rock left over right, recover onto right.
7 & 8 Step left to left side, step right beside left, make ¼ turn left stepping left forward. [9:00]

[25 - 32] (HEEL SWITCHES, STEP, ¼ TURN LEFT PIVOT) TWICE

- 1&2& Touch right heel forward, step right next to left, touch left heel forward, step left next to right.
3 – 4 Step right forward, make ¼ turn left stepping left to left side. [6:00]
5&6& Touch right heel forward, step right next to left, touch left heel forward, step left next to right.
7 – 8 Step right forward, make ¼ turn left stepping left to left side. [3:00]

Start again!

TAG Danced at the end of dance each time, when facing 3 or 9 o'clock.

Note: After the TAG you should be facing the same wall as in the beginning of TAG.

[1 – 8] SIDE SHUFFLE, ¼ LEFT TURN SHUFFLE TWICE, BACK ROCK-STEP

- 1 & 2 Step right to right side, step left beside right, step right to right side.
3 & 4 Make ¼ turn left stepping left to left side, step right beside left, step left to left side.
5 & 6 Make ¼ turn left stepping right to right side, step left beside right, step right to right side.
7 – 8 Rock left behind right, recover onto right.

[9 – 16] SIDE SHUFFLE, ¼ RIGHT TURN SHUFFLE TWICE, BACK ROCK-STEP

- 1 & 2 Step left to left side, step right beside left, step left to left side.
3 & 4 Make ¼ turn right stepping right to right side, step left beside right, step right to right side.
5 & 6 Make ¼ turn right stepping left to left side, step right beside left, step left to left side.
7 – 8 Rock right behind left, recover onto left.

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