

Beautiful Day

拍数: 64 墙数: 2 级数: Advanced
编舞者: Hiroko Carlsson (AUS) - November 2024
音乐: Beautiful Day - Mike Posner : (Spotify/YouTube Music/Amazon Music/ Deezer)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(Intro: 16 counts)

[S1] Back, Back, 1/4R, Cross-Side, Back, Back, 1/4L, Cross-Side

1 2 Step back on R, Step back on L
3 4& Make a ¼ turn right stepping R to the side (3:00), Cross L over R, Step R to the side
5 6 Step back on L, Step back on R
7 8& Make a ¼ turn left stepping L to the side (12:00), Cross R over L, Step L to the side

[S2] Back Rock-1/4R-1/4R Sweep, Cross, Side, Touch Behind-Unwind 1/4L

1 2 Rock back on R, Replace weight on L
3 4 Make a ¼ turn right stepping forward on R, Make a further ¼ turn right sweeping L foot around (6:00)
5 6 Cross L over R, Step R to the side
7 8 Touch L behind R, Unwind ¼ turn left weight ends on L (3:00)

[S3] Fwd Rock, Coaster Step, 1/4R-Touch, Reverse Triple 1/2L-Cross

1 2 Rock forward on R, Replace weight on L
3&4 Step back on R, Step L beside R, Step forward on R
5 6 Make a ¼ turn right stepping L to the side (6:00), Touch R next to L
7&8 Push back-make a ¼ turn left stepping back on R, Make a ¼ turn left stepping L to the side (12:00), Cross R over L

[S4] Diagonal L-Heel Toe Swivel-In, Diagonal R-Heel Toe Swivel-In, Diagonal L, Heel-Toe-Heel Swivel In

1 2& Step diagonally forward on L, Swivel R heel in, Swivel R toes in weight remains on L
3 4& Step diagonally forward on R, Swivel L heel in, Swivel L toes in weight remains on R
5 6 Step diagonally forward on L, Swivel R heel in
7 8 Swivel R toes in, Swivel R heel in weight remains on L

- Restart here on Wall 2

[S5] Fwd, Run-Run, Step-Pencil 1/2L, Step-Sweep 1/4R, Cross-Point

1 2& Step forward on R, Run forward on L-R (2&)
3 4 Step forward on L and making a ½ pencil turn left over 2 counts (6:00)
5 6 Step forward on R and making a ¼ turn right/ sweeping L foot around over 2 counts (9:00)
7 8 Cross L over R, Point R to the side

[S6] Back w/ Sweep 1/4L, Back-Point, Back Rock, Fwd-1/2R-

1 2 Step back on R and making a ¼ turn left/ sweeping L foot around over 2 counts (6:00)
3 4 Step back on L, Point R to the side
5 6 Rock back on R, Replace weight on L
7 8 Step forward on R, Make a ½ turn right stepping back on L (8)- 1 and 1/2 turn right-

[S7] -1/2R-1/2R w/ Slow Sweep-Behind-Side, Cross Rock, 1/4R Walk-Walk

1 2 3 - Make a ½ turn right stepping forward on R (1), Make a ½ turn right stepping back on L and sweeping R foot around (2 3) (12:00)
&4 Step R behind L, Step L to the side
5 6 Rock R over L, Replace weight on L
7&8 Make a ¼ turn right stepping forward on R (3:00), Step forward on L

[S8] Side, Cha-Cha, 1/4L Shuffle Fwd, Step-Pivot 1/2L, Fwd Rock

1 2& Step R to the side, Step L next to R, Step R in place
3&4 Making a $\frac{1}{4}$ turn left shuffle forward on L-R-L (12:00)
5 6 Step forward on R, Make a $\frac{1}{2}$ turn left recover weight on L (6:00)
7 8 Rock forward on R, Recover weight on L

Restart on Wall 2 count 32 (6:00)

Ending Suggestion: The last wall starts facing 6:00. Dance up to count 8 (6:00). Cross R over L, 1/2L Unwind to the front.

(updated: 12/Nov/24)
