

This Perfect Day

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 2 级数: Intermediate
编舞者: Kay Greig (UK)
音乐: Ain't Gonna Work Today - Junior Brown



ROCK RIGHT HIP FORWARD, ROCK HIP BACK, ROCK HIP FORWARD, STEP BACK RIGHT WITH A LEFT KICK, LEFT COASTER STEP

- 1 Rock right forward pushing hip forward with attitude
- & Recover weight onto left
- 2 Rock right back pushing hip back with attitude
- & Recover weight onto left
- 3 Rock right forward pushing hip forward with attitude
- & Recover weight onto left
- 4& Step back right, kick left forward
- 5&6 Left coaster step (back left, right together, left forward)

ROCK RIGHT SIDE, RECOVER, CROSS, ROCK LEFT SIDE, RECOVER, TOUCH

- 7& Rock right to right side, recover weight onto left
- 8 Cross right over left
- 9& Rock left to left side, recover weight onto right
- 10 Touch left together besides right

ROCK LEFT HIP FORWARD, ROCK HIP BACK, ROCK HIP FORWARD, STEP BACK LEFT WITH A RIGHT KICK, RIGHT COASTER STEP

- 11 Rock left forward pushing hip forward with attitude
- & Recover weight onto right
- 12 Rock left back pushing hip back with attitude
- & Recover weight onto right
- 13 Rock left forward pushing hip forward with attitude
- & Recover weight onto right
- 14& Step back left, kick right forward
- 15&16 Right coaster step (back right, left together, right forward) walk forward left right with straight legs, left lock back
- 17 Walk forward left with straight leg
- 18 Walk forward right with straight leg
- 19&20 Step back left, lock right in front of left, step back left

RIGHT COASTER, FORWARD, SIDE, TOGETHER, BACK, BACK, RIGHT SIDE, TOGETHER, TURN ¼ RIGHT

- 21&22 Right coaster (back right, left together, right forward)
- 23 Step forward left
- 24& Step right to right side, step left together
- 25-26 Step back right, step back left
- 27& Step right to right side, step left together
- 28 Step right into ¼ turn right

LEFT CROSS, BACK, CROSS, BACK, CROSS, BACK (TRAVELING BACK)

- 29 Cross left over right (dip down slightly for attitude)
- & Step back right (still dipped down slightly for attitude)
- 30 Cross left over right (raise up for attitude)

31 Step back right (dip down slightly for attitude)
& Cross left over right (still dipped down slightly for attitude)
32 Step back right (raise up for attitude)

LEFT COASTER, STEP, PIVOT ½ LEFT

33&34 Left coaster step (back left, right together, left forward)
35-36 Step forward right, pivot ½ turn left

RIGHT SHUFFLE FORWARD, TRIPLE ¾ TURN RIGHT

37&38 Step forward right, step left besides right, step forward right
39&40 Triple step turning ¾ turn right (right, left, right)

REPEAT
