

# Your Day

COPPER KNOB  
STEPPERS

拍数: 32      墙数: 2      级数: Beginner  
编舞者: Lone Darling (DK) & Lene Nielsen (DK)  
音乐: The Spirit of the Hawk - Rednex



## RIGHT ROCK STEP FORWARD, RIGHT CHASSE LEFT ROCK STEP FORWARD, LEFT CHASSE

1-2            Rock forward on right recover on left  
3&4           Step right to right step left beside right step right to right  
5-6           Rock forward on left recover on right  
7&8           Step left to left step right beside left step left to left

## TOUCH FORWARD, TOUCH BACK, TURN ¼ RIGHT, TOUCH FORWARD, TOUCH BACK, TURN ¼ LEFT

1-2            Touch right heel forward touch right toe back  
3-4            Turn ¼ right on both feet close left beside right  
5-6            Touch left heel forward touch left toe back  
7-8            Turn ¼ left on both feet close right beside left

## MODIFIED JAZZ BOX WITH SIDE TOUCH. JAZZ BOX WITH ½ TURN

1-2            Step right over left step back left  
&3-4          Step right to right side cross left over right point right to right side  
5-6            Step right over left step left ¼ to right  
7-8            Step right ¼ to right step left beside right

## RIGHT & LEFT DIAGONAL STEPS WITH HEEL & TOE SWIVELS

1              Stomp right diagonal forward to right  
2-4            Swivel left up to right heel in, to in, heel in (weight on right)  
5              Stomp left diagonal forward to left  
6-8            Swivel right up to left, heel in, toe in, heel in. Weight on left

**Option: on the last 8 counts, when you stomp right take you right hand up in front of the cowboy hat and lean a little forward when you swivel. Change to left hand when you stomp left**

## REPEAT

To Ingrid Hansen who loves this track

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