

拍数: 0 墙数: 1 级数: Intermediate
编舞者: Leyonee Forbes (UK) & Sarah Cowie
音乐: One Day In Your Life - Anastacia



Sequence: A, A, A, B, A. Dance starts on the lyrics of 1st chorus
Placed 5th place overall ABC Choreography at Worlds 2003.

SECTION A

KICK & SIDE, FULL MONTEREY TURN, BUMPS RIGHT, LEFT, RIGHT & RIGHT

- 1&2 Kick right forward, bring right beside left, point left out to left side
- 3-4 Bring left foot beside right, on balls of feet turn back over left shoulder full turn and point right to right side
- 5-6 Step onto right bump hips to right, left
- 7&8 Bumps hips up to right, back to center, down to right

ROCK & CROSS, TURN, TURN, BUMP HIPS TO RIGHT MAKING ½ TURN & STEP

- 1&2 Rock step left foot over right, step right in place, step left to left side
- 3-4 Step right to right side making ½ turn over left shoulder, step left to left side making ½ turn over left shoulder
- 5-6-7 Bump hips to right three times while making ½ turn left
- &8 Step left foot back, step right foot forward (with left hand behind head and right hand on right side)

WALK RIGHT, LEFT, RIGHT SHUFFLE, STEP FORWARD LEFT, SPOT ½ TURN, TRIPLE FULL TURN LEFT, RIGHT, LEFT

- 1-2 Walk forward right, walk forward left
- 3&4 Step forward right, step left next to right, step forward right
- 5-6 Step forward left, ½ spot over right shoulder
- 7&8 Triple turn forward left, right, left over right shoulder

POINT RIGHT, CROSS STEP RIGHT, POINT LEFT, CROSS STEP LEFT, POINT RIGHT & LEFT & RIGHT, HITCH RIGHT

- 1-4 Point right to right side, cross step right over left, point left to left side, cross step left over right
- 5&6 Point right to right side, bring right next to left, point left to left side
- &7 Bring left next to right, point right to right side
- &8 Hitch right knee up, point right to right side

When doing counts 7&8: with arms at sides, face palms towards floor and as you hitch, lift arms up then back down

ROCK SIDE RIGHT, BEHIND SIDE TURN, ROCK FORWARD, COASTER STEP

- 1-2 Rock right to right side, step left in place
- 3&4 Step right behind, step left to left side making ¼ turn left, step right forward
- 5-6 Rock forward left, step right in place
- 7&8 Step left foot back, step right together, step forward left

WALK, SHUFFLE LEFT, SPOT & SLIDE, BEHIND, SIDE, CROSS

- 1 Walk forward right
- 2&3 Step forward left, step right together, step forward left
- 4& Step forward right, make ¾ spot turn left
- 5-6 Big step right to right side, hold

7&8 Step left behind right, step right to right side, cross step left over right

ROCK & CROSS, ROCK & CROSS, WALK, CROSS OVER

1&2 Rock right to right side, step left in place, cross step right over left

3&4 Rock left to left side, step right in place, cross step left over right

5-8 Walk right diagonal forward left, hold, cross left over right, hold

UNWIND, SWEEP RIGHT OUT, ROCK, ROCK

1-2-3 Unwind full turn while sweeping right leg up and out, then round behind left leg

&4 Rock step right behind left, step left in place

SECTION B

TURN, 2, 3, CROSS, SIDE ROCK, COASTER TURN

1-4 Rolling vine right: (making $\frac{1}{4}$ turn right) step right forward, (making $\frac{1}{4}$ turn) right step left to left side (making $\frac{1}{2}$ turn right) step right to right side, cross step left over right

5-6 Rock step right to right side, step left in place

7&8 Step right behind left, step left forward making $\frac{1}{4}$ turn left, step right forward

STEP LEFT, SPIN FULL TURN ON BALL OF LEFT, HOLD, STEP, STEP, ROCK FORWARD RIGHT, COASTER RIGHT

1-2-3 Step forward left, on ball of left foot spin a full turn left, hold

&4 Step right forward, step left forward

5-6 Rock forward right, step left in place

7&8 Step right back, step left together, step right forward

POINT, CROSS, ROCK & CROSS, POINT, $\frac{3}{4}$ MONTEREY, POINT, HOLD

1-2 Point left to left side, cross step left over right

3&4 Rock right to right side, recover onto left, cross step right over left

5-6 Point left to left side, bringing left foot beside left make $\frac{3}{4}$ turn over left shoulder on balls of both feet

7-8 Point right to right side, hold

& CROSS, UNWIND, HOLD, & CROSS, UNWIND, HOLD

&1 Transfer weight onto right, cross left over right

2-3-4 Unwind full turn, hold, hold

&5 Step right foot to right side, cross left over right

6-7-8 Unwind full turn, hold, hold

STEP SIDE, TOUCH, SIDE, TOUCH, OUT, OUT, IN, IN, LEAN BACK, UP

1-4 Step right to right side, touch left toe behind right, step left to left side, touch right toe behind right

&5 Step right out to right side, step left out to left side

&6 Bring right foot in to center, bring left foot in to center

7-8 Lean weight back so that head drops, bring weight back & body to upright position

Hands for those last counts

1-2 Punch right arm up, punch right arm to right side

3-4 Punch left arm up, punch both arms down towards floor

&5 Swing both arms out

&6 Swing both arms across chest

7 Push arms down and back as you lean back

Counts 7,8 also has an easier alternative

7-8 Stepping right to right side bump over right hips, bump to left
