

Have A Nice Day!

拍数: 32 墙数: 2 级数: Improver
编舞者: Country Cousins
音乐: Lord I Hope This Day is Good - Charlie Landsborough



WALK FORWARD TWICE, FORWARD MAMBO, WALK BACK TWICE, COASTER STEP

1-2 Step right forward, step left forward
3&4 Rock right forward, recover onto left, step right back
5-6 Step left back, step right back
7&8 Step left back, step right together, step left forward

SHUFFLE FORWARD, STEP, PIVOT TURN ½ RIGHT, STEP, SHUFFLE FORWARD, STEP, PIVOT TURN ¼ RIGHT, CROSS

1&2 Step right forward, step left together, step right forward
3&4 Step left forward, turn ½ right (weight to right), step left forward
5&6 Step right forward, step left together, step right forward
7&8 Step left forward, turn ¼ right (weight to right), cross left over right (9:00)

SIDE ROCK, SAILOR STEP, SAILOR TURN ¼ LEFT, SHUFFLE FORWARD

1-2 Rock right to side, recover onto left
3&4 Cross right behind left, step left to side, step right to side
5&6 Turn ¼ left and cross left behind right, step right to side, step left forward (6:00)
7&8 Step right forward, step left together, step right forward

FORWARD ROCK, SHUFFLE TURN ½ LEFT TWICE, (TRAVELING BACK), COASTER STEP

1-2 Rock left forward, recover onto right
3&4 Shuffle back turning ½ left and step left, right, left
5&6 Shuffle forward turning ½ left and step right, left, right
Steps 3-6 can be replaced with left and right shuffles back omitting the turns
7&8 Step left back, step right together, step left forward

REPEAT
