

8 Days A Week

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Eight Days a Week - The Beatles



SYNCOPATED VINE, ROCK RECOVER, SAILOR ¼ TURN LEFT

1-2 Step right to right side, cross left behind right
&3 Step right to right side, cross left over right
4-5 Rock right to right side, recover weight onto left
6&7 Cross right behind left, step left ¼ turn left, step right in place
8 Step left forward

ROCK FORWARD RECOVER, ¾ TURN RIGHT, ROCK RECOVER, COASTER STEP

9-10 Rock forward on right, recover onto left
11&12 Make ¾ turn right while stepping right, left, right (u turn)
13-14 Rock forward on left, recover on right
15&16 Step back on left, step right in place, step left in place

FIGURE 8 GRAPEVINE RIGHT

17-18 Step right to right, step left behind right
19-20 Step right to right making ¼ turn right, step left forward
21 Pivot ½ turn right shifting weight to right foot
22 Step forward on left, making ¼ turn right (facing front wall)
23-24 Step right behind left, step left in place

2 RIGHT JAZZ BOXES WITH ½ TURN RIGHT

25-26 Step right over left, step back on left making ¼ turn right
27-28 Step right to right side, step left in place
29-32 Repeat steps 25-28

KICK BALL CHANGE & CLAP TWICE

33&34 Kick right forward, step back on right, step back left
35&36 Hold and then clap twice
37&38 Kick left forward, step back on left, step back on right
39&40 Hold and then clap twice

2 X HALF MONTEREY TURNS WITH CLAPS

41-42 Touch right to right, on ball of left pivot ½ turn right, bring right next to left
43&44 Touch left to left side, while bringing left next to right, clap twice
45-48 Repeat counts 41-44 (facing the back wall weight on right)

DIAGONAL LEFT KICK BALL CHANGE TWICE, ROCK RECOVER, LEFT SAILOR

49&50 Kick left forward, step slightly forward on left, step right in place
51&52 Repeat counts 49&50
53-54 Rock left to left, recover on right
55&56 Cross left behind right, step right to right side, step left in place

ROCK RECOVER, ¾ TURN RIGHT, ROCK RECOVER, LEFT COASTER

57-58 Rock forward on right, recover on to left
59&60 Make ¾ turn right, stepping right, left, right (u turn)
61-62 Rock forward on left, recover on right

63&64

Step back left, step right beside left, step forward left

REPEAT

RESTART

On the third and fifth wall only dance the first 32 counts then start again at the beginning
