

Day One

拍数: 48 墙数: 2 级数: Improver
编舞者: Shanon Dickson (AUS)
音乐: What a Beautiful Day - Chris Cagle



- 1&2 Rock left to side, recover to right, cross left over right
3-4 Step right back, turn $\frac{1}{2}$ left and step left forward
5&6 Step right forward, turn $\frac{1}{2}$ left, step right forward
7-8 Step left to side, turn $\frac{1}{2}$ right and step right to side
- 1&2 Cross left over right, step right to side, cross left over right
3-4 Rock right to side, recover to left
5&6 Cross right behind left, turn $\frac{1}{4}$ left and step left forward, step right forward
7-8 Rock left forward, recover to right
- 1&2 Rock left behind right, recover to right, step left to side
3-4 Touch right toe back, turn $\frac{1}{2}$ right (weight to right)
5&6 Turn $\frac{1}{4}$ right and step left back, turn $\frac{1}{2}$ right and step right forward, step left forward
7-8 Cross/rock right over left, recover to left
- 1&2 Step right to side, step left together, step right to side
3&4 Kick left OVER right, step left to side, cross right over left
5-6 Unwind $\frac{1}{2}$ left (weight to right), step left forward
7&8 Cross right behind left, step left to side, step right to side
- 1-2 Step left forward, turn $\frac{1}{4}$ right (weight to right)
3&4 Rock left forward, recover to right, turn $\frac{1}{2}$ left and step left forward
5&6 Step right forward, turn $\frac{1}{4}$ left (weight to left), cross right over left
7&8 Step left to side and bump hips left, bump hips right, bump hips left
- 1-2 Rock right forward, recover to left
&3-4 Step right together, rock left back, recover to right
5-6 Rock left to side, recover to right
&7-8 Step left together, touch right toe to side, step right together

REPEAT

On the 3rd and 6th repetition, dance only the first 16 counts (replacing counts 7-8) with the following:

7-8 Step left forward, turn $\frac{1}{4}$ right (weight to right)

Then restart the dance in the new direction