

# 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



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- 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

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