

# 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