

Beautiful Day

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Higher Intermediate
编舞者: Tony Myers (UK) - September 2011
音乐: One Day Like This - Elbow : (Album: Seldom Seen Kid)



Intro 32 Counts. This Track is over 6mins, so fade it out as you like.

Sway Left, Right, Cross Left: Turn, Turn, Turn with Sweep: Step, Turn, Step: ¼ Shuffle

1&2 Sway left to left (1) Sway to right (&) Cross left over right (2)
3&4 Turn ¼ left step back right (3) Turn ¼ left step forward left (&) Turn ½ left on ball of left
 sweeping right out (4)
5&6 Step forward on right (5) Turn ½ right step back on left (&) Step forward on right (6) (6:00)
7&8 Step left to side (7) Step right with left (&) Turn ¼ left forward on left (8) (3:00)

Sway Right, Left, Right: Mambo ½ Turn: Rock, Recover: Coaster Step

1&2 Sway right (1) Sway left (&) Sway right (2)
3&4 Rock forward on left (3) Recover on right (&) Turn ½ left step forward on left (4) (9:00)
5,6 Rock forward on right (5) Recover on left (6)
7&8 Step back on right (7) Step left with right (&) Step forward on right (8)

Step, Full Turn: Sailor Step: Sailor Turn: Cross Shuffle

&1,2 Step left with right (&) Turn ½ left step back on right (1) Turn ½ left step forward on left (2)
3&4 Step right behind left (3) Step left to side (&) Step right to side (4)
5&6 Step left behind right (5) Turn ¼ right step right to side (&) Step left to side (6) (12:00)
7&8 Cross right over left (7) Step left to side (&) Cross right over left (8)

Turn, Turn: Side, Together, Cross: Swivel Heels Right, Left, Right: Step, Turn, Step

1,2 Turn ¼ left forward on left (1) Turn ¼ left step right to side (2) (6:00)
3&4 Step left to side (3) Step right next to left (&) Cross left over right (4)
5&6 Swivel heels left turning ¼ right (5)(9:00) Swivel heels right turning ¼ left (&)(6:00) Swivel
 heels left turning ½ right (6) (12:00)
7&8 Step forward on left (7) Pivot ½ turn right (&) Step forward on left (8) (6:00)

Rolling Vine: Cross, Side Rock, Recover: & Touch Forward, Touch Side: & Side, Together, Forward

1&2 Turn ¼ right step forward on right (1) Turn ½ right step back on left (&) Turn ¼ right step right
 to side (2)
3&4 Cross left over right (3) Rock right to side (&) Recover on left (4)
&5&6 Step right with left (&) Touch left toes forward (5) Step left next to right (&) Point right to side
 (6)
&7&8 Step right with left (&) Step left to side (7) Step right with left (&) Step forward on left (8)

Side, Behind, Side, Cross: Back, Cross, Turn: Step, Point: Turn, Together, Rock

1&2&& Step right to side (1) Step left behind right (&) Step right to side (2) Cross left over right (&)
3&4 Step back on right (3) Cross left over right (&) Turn ¼ right forward on right (4) (9:00)
5,6 Step forward on left across right (5) Point right to side (6)
7&8 Turn ½ right stepping on right (7) Step left with right (&) Rock forward on right (8) (3:00)

Recover, Rock Back, Recover: Kick, Out, Touch: Shuffle ½ Turn: & Step Full Turn

&1,2 Recover on left (&) Rock back on right (1) Recover on left (2)
3&4 Kick right forward (3) Step out on right (&) Touch left next to right (4)
5&6 Turn ¼ left on left (5) Step right with left (&) Turn ¼ left on left (6) (9:00)
&7&8 Step right with left (&) Step forward on left (7) Step right with left (&) Turn a full turn left on
 ball of right sweeping left out (8)

Step, Touch, Step Back: Side, Cross, Side: Turn, Skate, Skate: & 1 ½ Turn

- 1&2 Step forward on left (1) Touch right behind left (&) Step back on right (2)
3&4 Step left to side (3) Cross right over left (&) Step left to side (4)
5&6 Turn ¼ right forward on right (5) Skate forward left (&) Skate forward right (6) (12:00)
&7&8 Step left with right (&) Turn ½ left back on right (7) Turn ½ left forward on left (&) Turn ¼ left back on right (8) (6:00)

Tag:- Dance the following 8 Counts once at the end of wall 1 and twice at the end of walls 2 & 3

- 1, 2 Walk left to left diagonal (1) Walk right to right diagonal (2)
3&4 Rock left to right diagonal (3) Recover on right (&) Step left with right (4)
5,6 Walk right to right diagonal (5) Walk left to left diagonal (6)
7&8 Rock right to left diagonal (7) Recover on left (&) Step right with left (8)
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