

Day By Day

拍数: 64 墙数: 4 级数: Beginner
编舞者: Sally Hung (TW) - July 2012
音乐: Day By Day - T-ara



Sequence of dance: only one tag (4 counts) on the beginning of wall 5.

Start the dance after 16 counts

Intro (16 counts)

1,2,3,4 Open arms slowly
5,6,7,8 Circling arms up gradually, then gradually down

9-16 Circling arms up gradually, then gradually down

Tag (4 counts)

1,2,3,4 Step R in place, touch L toes over R, step L in place, touch R toes over L

S1. WALK FWD ON RLRL, PADDLE TURN ½ L

1,2,3,4 Walk fwd on R,L,R,L
5,6,7,8 Make ½ turn L, point R to R side

S2. DRAG, TOUCH, DRAG, TOUCH, KICK BALL POINT R, KICK BALL POINT L

1,2,3,4 Drag R a big step to the R diagonal back, touch L beside R, drag L a big step to the L diagonal back, touch R beside L
5&6,7&8 Kick R fwd, step R beside L, point L to L side, hold, kick L fwd, step L beside R, point R to R side, hold

S3. STEP, CROSS, OUT R, OUT L, TAP, TOUCH, TAP, TOUCH

1,2,3,4 Step R fwd, cross step L over R, step back and out on R, step back and out on L
5,6,7,8 Tap R toes behind L, touch back in place, tap R toes behind L, touch back in place

S4. SIDE, TOGETHER, SIDE TOUCH, ROLLING VINE ½ R

1,2,3,4 Step R to the R, step L beside R, step L to the L, touch R together
5,6,7,8 Rolling vine R,L,R,L turning ½ R

S5. STEP, TOUCH, STEP, TOUCH, STEP, CROSS, STEP, CROSS

1,2,3,4 Step R in place, touch L toes over R, step L in place, touch R toes over L
5,6,7,8 Step R in place, touch L toes behind R, step L in place, touch R toes behind L

S6. SWAY RLRL, MONTEREY ¼ TURN R

1,2,3,4 Sway RLRL
5,6,7,8 Touch R toes to R side, turning ¼ R step R together, touch L toes to L side, step L together

S7. STEP FWD, TOUCH, STEP FWD, TOUCH, STEP BACK, TOUCH, STEP BACK, TOUCH

1,2,3,4 Step R fwd, touch L toes to L side, step L fwd, touch R toes to R side
5,6,7,8 Step back on R, touch L toes to L side, step back on L, touch R toes to R side

S8. ROCKING CHAIR, PADDLE TURN ½ L

1,2,3,4 Rock R fwd, recover on L, rock back on R, recover on L
5,6,7,8 Gradually turning ½ L by rocking R to R, recover on L, rock R to R, recover on L

Have fun and happy dancing!

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