

Brighten My Day

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Joe Parilla (USA) - March 2013
音乐: A Brighter Day - Helena Paparizou : (CD: My Number One)



(Start dance on lyrics) - (NO TAGS OR RESTARTS)

CROSS ROCK, SIDE ROCK, SAILOR SHUFFLE WITH LEFT ¼ TURN.

1-2 Cross rock LEFT over right, recover on RIGHT.
3-4 Side rock on LEFT, recover on RIGHT.
5&6 Sailor shuffle on LEFT, RIGHT, LEFT.
7-8 Step RIGHT forward, ¼ turn left and step on LEFT. (9:00)

CROSS ROCK, SIDE ROCK, SAILOR SHUFFLE WITH RIGHT ¼ TURN.

1-2 Cross rock RIGHT over left, recover on LEFT.
3-4 Side rock on RIGHT, recover on LEFT.
5&6 Sailor shuffle on RIGHT, LEFT, RIGHT.
7-8 Step LEFT forward, ¼ turn right and step on RIGHT. (12:00)

WEAVE TO RIGHT WITH ¼ TURN RIGHT, ½ TURN RIGHT PIVOT, FORWARD SHUFFLE.

1-4 Cross LEFT over right, step RIGHT beside left, step LEFT behind right, ¼ turn right and step RIGHT forward. (3:00)
5-6 Step LEFT forward, ½ pivot to right and step on RIGHT. (9:00)
7&8 Shuffle forward LEFT, RIGHT, LEFT.

RIGHT KICK BALL CROSS 2X, ½ LEFT HINGE TURN, CROSS-OVER SHUFFLE.

1&2 At right diagonal RIGHT kick, RIGHT step, cross LEFT over right.
3&4 At right diagonal RIGHT kick, RIGHT step, cross LEFT over right.
5-6 Step RIGHT to side, ½ hinge turn to left and step on LEFT. (3:00)
7&8 Crossing shuffle to left – RIGHT, LEFT, RIGHT.

RONDE-STEP FORWARD, BACK-WEAVE INTO A ¼ TURN RIGHT SAILOR SHUFFLE.

1-2 Arc LEFT foot forward, cross LEFT slightly over and in front of right.
3-4 Step RIGHT back diagonally, step LEFT back diagonally.
5-6 Cross RIGHT back over left, step back on LEFT.
7&8 Swing RIGHT behind left while making ¼ turn to right, step LEFT beside right, step RIGHT beside left. (6:00)

STEP FORWARD, HOLD, TWIST ¼ RIGHT, TWIST ½ LEFT, FORWARD SKATE.

1-2 Step LEFT forward while leaning slightly forward, HOLD.
3-4 Twist BOTH feet ¼ right and ½ to left (end with weight on LEFT). (3:00)
5-8 Skate forward RIGHT, LEFT, RIGHT, LEFT.

FORWARD ROCK, RECOVER ½ TURN RIGHT TRIPLE, ½ TURN RIGHT, ½ TURN RIGHT, STEP PIVOT ½ TURN RIGHT.

1-2 Rock RIGHT forward, recover on LEFT.
3&4 Right ½ turn shuffle RIGHT, LEFT, RIGHT. (9:00)
5-6 Right ½ turn and step LEFT back, right ½ turn and step RIGHT forward.
7-8 Step LEFT forward, right ½ turn pivot and step RIGHT forward. (3:00)

WEAVE TO RIGHT & POINT, WEAVE TO LEFT & POINT.

1-4 Weave to right – Step LEFT over right, step RIGHT to side, step LEFT behind right, point RIGHT to side.

5-8

Weave to left – Step RIGHT over left, step LEFT to side, step RIGHT behind left, point LEFT to side.

REPEAT

Choreographer Contact Information:

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