One Fine Day

拍数: 40   墙数: 4   级数: Improver

编舞者: Amanda Bowden (AUS) & Gordon Elliott (AUS) - April 2013

音乐: Keep On Running - The Spencer Davis Group : (Album: Revolutions : The Best Of Steve Winwood - Remastered)

This dance is done in FOUR directions. Introduction: 40 Beats on vocals

Original Position: Feet Together, Weight On The Left Foot.

FORWARD, FORWARD, FORWARD, KICK, BACK, TOUCH, FORWARD, KICK

1, 2	Step R Forward, Step L Forward,
3, 4	Step R Forward, Kick L Forward,
5, 6	Step L Back, Touch R Toe Back,
7, 8	Step R Forward, Kick L Forward.

SLOW COASTER, SCUFF, PIVOT TURN, FORWARD, HOLD

1, 2, 3	Slow Coaster : Step L Back, Step R Together, Step L Forward,
4	Scuff R Forward,
5, 6	Pivot : Step R Forward, Turn 180deg Left Take Weight Onto L,
7, 8	Step R Forward, Hold.

DOROTHY STEP, DOROTHY STEP, DOROTHY STEP, FORWARD, ROCK

1, 2 &	Step L Forward At 45deg Left, Lock R Behind Left, Step L Together,
3, 4 &	Step R Forward At 45deg Right, Lock L Behind Right, Step R Together,
5, 6 &	Step L Forward At 45deg Left, Lock R Behind Left, Step L Together,
7, 8	Step R Forward, Rock Back Onto L.

SAILOR STEP, SAILOR STEP, SAILOR STEP, FORWARD, SCUFF

1 & 2	Sailor : Step R Behind Left, Step L To The Side, Step R To The Side,
3 & 4	Sailor : Step L Behind Right, Step R To The Side, Step L To The Side,
5 & 6	Sailor : Step R Behind Left, Step L To The Side, Step R To The Side,
7, 8	Step L Forward, Scuff R Forward. ##

TOE STRUT, 1/4 TOE STRUT, HIP, HIP, HIP, HIP

1, 2	Strut : Step R Toe Forward, Drop R Heel To The Floor,
3, 4	Strut : Turn 90deg Left Step L Toe Forward, Drop L Heel To The Floor,
5, 6	Step R To The Side Push Hips To The Right, Push Hips To The Left,
7, 8	Push Hips To The Right, Push Hips To The Left. **

[40] Repeat The Dance In New Direction

TAG : At the END (**) of WALL 1 (3.00) add the following tag

1, 2	Step R Forward At 45deg Right, Step L Forward At 45deg Left,
3, 4	Step R Back To The Centre, Step L Together

RESTART : On WALL 3 & WALL 6 dance to BEAT 32 (##) & RESTART to the 6.00 & 12.00 respectively.

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