

Day After Day

拍数: 88 墙数: 4 级数: Phrased Improver
编舞者: Annette Hagberg (SWE) - July 2013
音乐: En dag i sänder - Benny Anderssons Orkester & Helen Sjöholm



Start on lyrics (after 16 counts)

Sequence: AAA, B, AAA, C, A, Tag (4 counts) AAAA.

Part A- 32 counts

Section A1: Kick ball step. Step Right forward. Pivot 1/4 L Pivot 1/4 R. Kick forward. Coaster step

- 1 & 2 Kick Right forward. Step ball of right beside left. Step forward on Left.
- 3 Step forward Right
- 4 - 5 Pivot ¼ turn Left, keeping feet in place. Pivot ¼ turn Right (weight on right)
- 6 Kick Left forward
- 7 & 8 Step back on Left. Step Right next to Left. Step forward on Left.

Section A2: ½ Unwind, Forward Shuffle, Jazz Box

- 1 - 2 Touch Right toe behind Left foot. Unwind ½ turn Right (6:00 weight on right)
- 3 & 4 Step Left foot forward. Close Right beside left. Step Right foot forward.
- 5 - 8 Cross Right over Left, step back on Left, step Right to Right side, step forward on Left.

Section A3: Side Rock, Cross Shuffle

- 1 - 2 Rock Right to Right side. Recover onto Left
- 3 & 4 Cross Right over Left. Step Left to Left side. Cross Right over Left.
- 5 - 6 Rock Left to Left side. Recover onto Right.
- 7 & 8 Cross Left over Right. Step Right to Right side. Cross Left over Right.

Section A4: Figure Vine Right

- 1 - 2 Step Right to Right side. Cross Left behind Right
- 3 - 4 Step Right ¼ turn Right. Step forward Left.
- 5 - 6 Pivot ½ turn Right (shifting weight to right) On ball of Right make ¼ turn Right stepping Left to Left side
- 7 - 8 Cross Right Behind Left. Step Left ¼ turn Left (3:00 weight on left)

Tag: 1 – 4 Sway right, Left, Right, Left. (9:00)

Part B - 32 counts

Section B1: Rumba Box Forward. Walk Back. Coaster step (9:00)

- 1 & 2 Step Right to Right side. Step Left to Right. Step Right forward.
- 3 & 4 Step Left to Left side. Step Right to Left. Step Left back.
- 5 - 6 Step Right back. Step Left back.
- 7 & 8 Step back on Right. Step Left next to Right. Step forward on Right.

Section B2: Rumba Box Forward. Walk Back. Coaster step

- 1 & 2 Step Left to Left side. Step Right to Left. Step Left forward.
- 3 & 4 Step Right to Right side. Step Left to Right. Step Right back.
- 5 - 6 Step Left back. Step Right back.
- 7 & 8 Step back on Left. Step Right next to Left. Step forward on Left.

Section B3: Repeat section B1

Section B4: Repeat section B2

Part C - 24 counts

Section C1: Rumba Box Forward. Walk Back. Coaster step (6:00)

- 1 & 2 Step Right to Right side. Step Left to Right. Step Right forward.
- 3 & 4 Step Left to Left side. Step Right to Left. Step Left back.
- 5 – 6 Step Right back. Step Left back.
- 7 & 8 Step back on Right. Step Left next to Right. Step forward on Right.

Section C2: Rumba Box Forward. Walk Back. Coaster step

- 1 & 2 Step Left to Left side. Step Right to Left. Step Left forward.
- 3 & 4 Step Right to Right side. Step Left to Right. Step Right back.
- 5 – 6 Step Left back. Step Right back.
- 7 & 8 Step back on Left. Step Right next to Left. Step forward on Left.

Section C3: Rumba Box Forward. Walk Back. Back Rock

- 1 & 2 Step Right to Right side. Step Left to Right. Step Right forward.
- 3 & 4 Step Left to Left side. Step Right to Left. Step Left back.
- 5 – 6 Step Right back. Step Left back.
- 7 – 8 Rock back on Right. Recover on Left.

Tag 4 counts, only once after wall 9 after 32 count in part A facing 9:00

- 1 – 4 Sway right, Left, Right, Left.

Then Restart dance from beginning, part A.

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