

It's a Beautiful Day

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Beginner
编舞者: Sue Smith (UK) - April 2014
音乐: It's a Beautiful Day - Michael Bublé : (Single)



16 Count Intro. [Track approx 3mins 20 secs]

SECTION 1: Right touch out, in, out, in, Right grapevine

1,2 Touch Right toe to right side, touch Right toe next to left foot
3,4 Touch Right toe to right side, touch Right toe next to left foot
5,6 Step Right foot to right side, step Left foot behind right foot
7,8 Step Right foot to right side, touch Left foot beside right foot

SECTION 2: Left touch out, in, out, in, Left grapevine

1,2 Touch Left toe to left side, touch Left toe next to right foot
3,4 Touch Left toe to left side, touch Left toe next to right foot
5,6 Step Left foot to left side, step Right foot behind left foot
7,8 Step Left foot to left side, touch Right foot beside left foot

SECTION 3: Walk forward x 4, Walk back x4,

1-4 Walk forward Right, Left , Right, Left

(Optional: Kick Left foot forward on beat 4)

5-8 Walk back Left, Right, Left, Right

(Optional: Point Right foot diagonally back on beat 8)

SECTION 4: Forward step, hitch x3 , ¼ Left, touch (Optional arms to swing & click fingers / clap on hitch)

1,2 Step forward on Right, lift Left knee beside right

(OPTIONAL: Swing both arms up Right & click fingers / clap hands as hitch left knee)

3,4 Step forward on Left, hitch Right knee beside left

(OPTIONAL: Swing both arms down to Left & click fingers / clap hands as hitch right knee)

5,6 Step forward on Right, lift Left knee beside right

(OPTIONAL: Swing both arms up Right & click fingers / clap hands as hitch left knee)

7,8 Step Left 1/4 turn, touch Right next to Left (facing 9:00)

(OPTIONAL: Swing both arms down to Left & click fingers / clap hands as touch right foot beside left)

REPEAT, smile as the words say - and enjoy!

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