

A New Day

拍數: 64 牆數: 2 級數: High Intermediate
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音樂: New Day - Anouk : (iTunes)



Dance starts directly

S1: SIDE, TOUCH BEHIND, SIDE, TOUCH CLOSE, KICK BALL CHANGE, ¼ TURN LEFT

1,2,3,4 RF step side, LF touch behind RF, LF step side, RF touch close to LF
5&6,7,8 RF kick diagonal forward, RF step on RF, LF step on LF, RF step forward, 1/4 turn left

S2: STEP DIAGONAL FORWARD (TOUCH) 2X, SHUFFLE FORWARD, MAMBO, 2X WALK BACK

1,2 RF step diagonal forward & touch LF same time, LF step diagonal forward & touch RF same time
3&4 RF step forward, LF close to RF, RF step forward
5&6,7,8 LF rock forward, RF weight on RF, LF step back, RF walk back, LF walk back

S3: ¼ RIGHT & STEP SIDE, TOUCH SIDE, STEP, SWEEP ¼ LEFT, SHUFFLE FORWARD, MAMBO ½ LEFT, WALK 2X,

&1&2 ¼ turn right & RF step side, LF touch left to the side, LF step close to RF, RF sweep with ¼ turn left
3&4 RF step forward, LF close to RF, RF step forward
5&6,7,8 LF rock forward, ½ turn left & RF weight on RF, LF step forward, RF walk, LF walk

S4: DIAGONAL SHUFFLE (IN PLACE) 2X, PIVOT ½. PIVOT ¼

1&2,3&4 RF step little diagonal, LF close, RF step in place, LF step little diagonal, RF close, LF step in place
5,6,7,8 RF step forward, ½ turn left, RF step forward, ¼ turn left

****Restart in wall 5**

S5: LIFT KNEE, STEP, TOUCH & TOUCH, ¼ TURN, SHUFFLE, MAMBO

1&2&3,4 RF lift knee, RF step down, LF touch left side, LF step in place, RF touch right side, ¼ turn right
5&6,7&8 RF step forward, LF close to RF, RF step forward, LF rock forward, RF weight on RF, LF step back

S6: STEP BACK, TOUCH, ¼ TURN LEFT, TOUCH, STEP FORWARD, TOUCH, ¼ TURN LEFT, TOUCH

1,2,3,4 RF step back, LF touch, ¼ turn left & LF step forward, RF touch,
5,6,7,8 RF step forward, LF touch, ¼ turn left & LF step side, RF touch, hold

S7: OUT, OUT, IN, IN, 2X PADDLE ¼ LEFT, SAILOR STEP, SAILOR ¼

&1&2&3&4 RF step out, LF step out, RF step in, LF step in, ¼ turn left & RF touch side 2X
5&6 RF cross behind LF, LF step side, RF step side,
7&8 ¼ turn left & LF cross behind RF, RF step side, LF step side

S8: PIVOT ½ 2X, WALK R-L-R-L (MAKE SOMETHING FUNNY)

1,2,3,4 RF step forward, ½ turn left, RF step forward, ½ turn left
5,6,7,8 RF walk, LF walk, RF walk, LF walk

**** NOTE Restart in wall 5 after 32 counts**

Have fun!

<http://www.youtube.com/user/ivonneverhagen>

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