

# I Need A Day

拍數: 48      牆數: 4      級數: Improver  
編舞者: Conrad Farnham (USA) & Dorianne Lescord (UK) - November 2016  
音樂: I Need a Day - The Shana Stack Band



## **S1: MAMBO (x2) WALK, WALK FULL TURN OVER LEFT**

1&2,3&4      Rock right to right side, recover on left, bring right foot next to left and hold, rock left to left side, recover on right, bring left foot next to right and hold  
5,6,7&8      Walk forward right, left, step right forward, full turn over left shoulder, step back left, right

## **S2: WALK, WALK COASTER STEP, MONTERY ¼ TURN RIGHT**

1,2,3&4      Walk back left, right, step left backward, step right next to left, bring left foot forward  
5,6,7,8      Point right toe to right, bring right toe next to left finishing with ¼ turn right, point left toe to left side, bring left toe next to right

## **S3: FORWARD SHUFFLE (x2), FULL TURN OVER LEFT, FORWARD SHUFFLE**

1&2,3&4      Shuffle forward right, left, right, shuffle forward left, right, left  
5,6,7&8      Full turn left stepping right, left, shuffle right, left, right

## **S4: ROCK LEFT, RECOVER RIGHT, TRIPLE ½ TURN LEFT (LEFT, RIGHT LEFT), JAZZ BOX CROSS**

1,2,3&4      Rock forward on left, recover on right, ½ turn over left shoulder left, right, left  
5,6,7,8      Cross right over left, back on left, step right to right side, cross left over right

**\*Tag – Wall 5 – Skip Jazz Box**

## **S5: VINE WITH HEAL AND CROSS (x2)**

1,2&3&4      Step right to right side, step left behind right, step right to right side while touching left heel to left front, cross right foot over left  
5,6&7&8      Step left to left side, step right behind left, step left to left side while touching right heel to right front, cross left foot over right

**\*Tag – Wall 3 – Repeat Vines and Tag – Wall 5 – Skip Vines**

## **S6: KICK BALL CHANGE, CROSS RIGHT OVER LEFT, UNWIND, HIP ROLLS**

1&2,3,4      Kick right forward, step back on right, step in place with left, hold, cross right over left and unwind left  
5,6,7,8      Hip Rolls

**\*TAG – Wall 3 – Repeat Vine with heal and cross (x2) (Section 5)**

**\*TAG – Wall 5 – Skip Jazz Box (Section 4) and vine with heel and cross (Section 5)**

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