

Heyday

拍數: 32 牆數: 2 級數: Beginner
編舞者: Micaela Svensson Erlandsson (SWE) - March 2017
音樂: Heyday Tonight - Aaron Watson



Intro 32 counts - No Tags Or Restarts

Section 1: □ Side. Behind. Right Rock & Cross. Side. Behind. Left Rock & Cross.

1-2 Step right foot to right side. Cross left behind right.
2&3 Rock right. Recover onto left. Cross right over left.
5-6 Step left foot to left side. Cross right behind left.
7&8 Rock left. Recover onto right. Cross left over right.

Section 2: □ Right Chasse. Back Rock. Left Chasse ¼ Turn right. Back Rock

1&2 Step right to right side. Close left beside right. Step right to right side.
3-4 Rock back on left. Recover onto right.
5&6 Step left to left side. Close right beside left. Turn ¼ right stepping back on left.
7-8 Rock back on right. Recover onto left.

Section 3: □ Right Kick Ball Tap. Left Kick Ball Tap. Heel Grind ¼ Turn right. Back Rock.

1&2 Kick right foot forward. Step right in place. Tap left toes beside right foot.
3&4 Kick left foot forward. Step left in place. Tap right toes beside left foot.
5-6 Touch right heel forward & turn 1/4 right on the right heel. Fall back onto left.
7-8 Rock back on right. Recover onto left.

Section 4: □ Forward Shuffle. Rock Step. Back Shuffle. Back Rock.

1&2 Step forward on right. Close left beside right. Step forward on right.
3-4 Rock forward on left. Recover onto right.
5&6 Step back on left. Close right beside left. Step back on left.
7-8 Rock back on right. Recover onto left.

Last Update - 15th March 2017
