

Heavenly Day (CBA 2019)

COPPERKNOB
STEPSHETS

拍數: 32 牆數: 2 級數: Intermediate Rolling Count
編舞者: Alison Johnstone (AUS) & Joshua Talbot (AUS) - January 2019
音樂: Heavenly Day - Patty Griffin : (Album: Children Running Through - iTunes)



Start: 16 counts/on lyrics

(S1: 1-8) FWD SWEEP, CROSS, ¼ STEP (a), SIDE ROCK, RECOVER ¼, ¼ TOGETHER (a), SIDE, ¼ SIDE, ¼ SIDE, CROSS, SIDE (a) (3.00)

1, 2a Step L fwd sweeping R, cross R over L, ¼ R stepping L slightly back (a) (3.00)
3, 4a Rock R to R, ¼ L recovering weight L, ¼ R step R together (a) (9.00)
5, 6, L step L to L dragging R towards L, ¼ L step R to R dragging L towards R (6.00)
7, 8a ¼ L step L to L dragging R towards L, cross R over L, step L to L (a) (3.00)

(S2: 9-16) BEHIND SWEEP, BEHIND, ¼ FWD (a), FWD, FWD, TOGETHER (a), BACK SWEEP, BEHIND, 1/8 SIDE (a), CROSS, RECOVER, 1/8 SIDE (&), 1/8 FWD (a) (4.30)

1, 2a Step R behind L sweeping L, Step L behind R, ¼ R step R fwd (a) (6.00)
3, 4a Step L fwd, step R fwd, step L together (a)
5, 6a Step R back sweeping L, L behind R, step R 1/8 to R (a) (7.30)
7, 8&a Cross rock L over R, recover weight R, step L 1/8 to L (&) (6.00), 1/8 turn L stepping R fwd (a) (4.30)

(S3: 17-24) PIVOT ½, FWD, ¾ TRIPLE (4&a), LUNGE, RECOVER, BACK, COASTER STEP (8&a) (1.30)

1, 2, 3 Step L fwd, ½ R taking weight R, step fwd on L (10.30)
4&a 3 1/8 L stepping R back (6.00), 3/8 L stepping L fwd (&) (1.30), step R fwd (a)
5, 6, 7 Lunge L fwd, recover weight R, step L back dragging R towards L
8&a Step R back, step L together (&), step R slightly fwd (a)

(S4: 25-32) FWD, ¾ WALK AROUND, 1/8 TOGETHER (a) (3.00), SIDE ROCK, RECOVER, TOGETHER (a), SIDE ROCK, 1 ¼ TRIPLE (8&a) (6.00)

1, 2 Step L fwd, ¼ L step R fwd
3, 4a ¼ L step L fwd, ¼ L step R fwd, 1/8 L step L together (a) (3.00)
5, 6a Rock R to R, Recover weight L, step R together (a),
7, 8&a Rock L to L, recover weight R making ¼ R, ½ R step L slightly back, ½ R step R together/slightly fwd (a) (6.00)

**Styling Tips: S4 Counts 2,3,4-Drag your foot into each step fwd keeping it close to the opposite leg
S4 Counts 8&a are small steps almost on the spot travelling slightly with a big step on 1 to start again**

**Non Turning Option: S4 Counts 8&a Turn ¼ on count 8 to face 6.00, take out the full spin and step slightly fwd L (&),
Step R together (a)**

START AGAIN

**ENDING: Wall 7 (starts facing front) Dance to count 16 (Cross rock, Recover).
Then add a 3/8 L step L fwd (a) (3.00), ¼ L step R to R drag L together (count 1) (12.00)**

We hope you enjoy our dance

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