

Any Other Day

COPPERKNOB
BYEPOSTETS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Jan Brookfield (UK) - March 2023
音樂: Any Other Day - MonaLisa Twins



NB. Dance starts on the word "DAY" a couple of seconds into the track.

Section 1 : ROCK BACK, RECOVER, KICK-BALL-STEP, ROCK SIDE, RECOVER, BEHIND, SIDE

1,2,3&4 Rock back on R, recover onto L, kick R forward, step back onto ball of R foot, step on L in place
5,6,7,8 Rock R to right side, recover onto L, step R behind L, step L to left side

Section 2 : CROSS ROCK, RECOVER, CHASSE ¼ TURN RIGHT, ROCK FORWARD, RECOVER, WALK BACK x 2

1,2,3&4 Rock R across L, recover onto L, chasse quarter turn right on R,L,R (now facing 3 o'clock)
5,6,7,8 Rock L forward, recover onto R, walk back on L,R

Section 3 : JUMP OUT-OUT, HOLD; JUMP IN-IN, BOUNCE; CHASSE RIGHT, CROSS ROCK, RECOVER

&1,2 Jump L out to left side, jump R out to right side, hold position for 1 count
&3,4 Jump L in, jump R in next to L, bounce both heels for 1 count
5&6,7,8 Chasse right to side on R,L,R, rock L across in front of R, recover onto R

Section 4 : CHASSE ¼ TURN LEFT, STEP FORWARD, PIVOT ½ TURN, WALK FORWARD x 2, ROCK FORWARD, RECOVER

1&2 Chasse quarter turn left on L,R,L (now facing 12 o'clock again)
3,4 Step R forward, pivot half turn left (weight on L, now facing 6 o'clock)
5,6,7,8 Walk forward on R,L, rock forward on R, recover onto L

START OVER
