

Some Days

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Gary Steele (UK) - 16 August 2023
音樂: Some Days - Brent Morgan



Section 1 - Basic Nightclub, ½ Behind Side Cross Rock & Cross Rock

- 1-2& Step right to right side, rock back onto left, recover weight right.
- 3-4& Make ½ right stepping back onto left, cross right behind left, step left to left side. (6.00)
- 5-6& Cross rock right over left, recover weight left, close right next to left.
- 7-8& Cross rock left over right, recover weight right, close left next to right. (7.30)

Section 2 - Back rock, 1/2 Back Sweep, Back Sweep, 1/8 Rock Back, Forward Rock, Side Rock

- 1-2& Rock back onto right, recover weight left, ½ left stepping back onto right. (1.30)
- 3-4 Step back left sweeping right from front to back, step back right, sweeping left from front to back.
- 5-6 1/8 Turn left rocking back onto left, recover weight right. (12.00)
- 7&8& Rock forward onto left, recover weight right, rock left to left side, recover weight right.

Restart here: Wall 3

Section 3 - Back Rock, ½ Step, Coaster, Walk x3, Chase ½

- 1-2& Rock back onto left, recover weight right, ½ right stepping back onto left. (6.00)
- 3&4& Step back onto right, step left back, close right next to left, step forward onto left.
- 5-7 Walk forward right, left, right.
- 8&1 Step forward onto left, pivot ½ right stepping onto right, step forward onto left. (12.00)

Section 4 - Chase ½, Shuffle Rock, Reverse Rocking Chair

- 2&3 Step forward onto right, pivot ½ left stepping onto left, step forward onto right. (6.00)
- 4&5 Shuffle forward left, right, rock forward onto left.
- 6& Recover weight onto right, close left next to right.
- 7&8& Rock back onto right, recover weight left, rock forward onto right, recover weight left.

Restart - Wall 3 – Dance up to count 8 of Section 2 then replace the '&' with a touch

- 7&8& Rock forward onto left, recover weight right, step left to left side, touch right next to left.