Some Days

拍數: 32

級數: Intermediate

編舞者: Gary Steele (UK) - 16 August 2023

音樂: Some Days - Brent Morgan

Section 1 - Basic Nightclub, 1/2 Behind Side Cross Rock & Cross Rock	
1-2&	Step right to right side, rock back onto left, recover weight right.
3-4&	Make 1/2 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, 1/2 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, 1/2 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 1/2 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 1/2 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.





牆數:2