

Mom's Day Off

拍數: 64 牆數: 2 級數: Intermediate
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音樂: Mom's Day Off - Natalia



Info: start on 'good' (Today's a good day)

Step, touch, step, kick, sailor ½ R, sweep

1 - 2 RF Step fwd., LF Touch behind RF
3 - 4 LF Step bwd., RF Kick fwd.
5 - 6 RF Step ¼ R behind LF, LF Step ¼ R aside
7 - 8 RF Step aside, LF Sweep across RF

Weave ¼ R, pivot ¼ R, cross, hold

1 - 2 LF Step across RF, RF Step aside
3 - 4 LF Step behind RF, RF Step ¼ R fwd.
5 - 6 LF Step fwd, L+R Turn ¼ R
7 - 8 LF Step across RF, Hold

½ rumba bwd., hold, rock bwd., recover, step ¼ R, hold.

1 - 2 RF Step aside, LF Step close to RF
3 - 4 RF Step bwd., Hold
5 - 6 LF Rock bwd., RF Recover
7 - 8 LF Step ¼ R aside, Hold

Sailor, behind, side, cross, side rock, recover.

1 - 2 RF Step behind LF, LF Step aside
3 - 4 RF Step aside, LF Step behind RF
5 - 6 RF Step aside, LF Step across RF
7 - 8 RF Rock aside, LF Recover

Cross, step ¼ R, step bwd., touch across, step, scuff, walk, walk

1 - 2 RF Step across LF, LF Step ¼ R bwd.
3 - 4 RF Step bwd., LF Touch across RF
5 - 6 LF Step fwd., RF Scuff
7 - 8 RF Step fwd., LF Step fwd.

Rock, recover, step ½ R, hitch, step ½ R, hitch, step ½ R, hitch.

1 - 2 RF Rock fwd., LF Recover
3 - 4 RF Step ½ R fwd., LF Hitch
5 - 6 LF Step ½ R fwd., RF Hitch
7 - 8 RF Step ½ R fwd., LF Hitch

Side rock, recover, over, step bwd., step aside, over, step ¼ R, step ¼ R.

1 - 2 LF Rock aside, RF Recover
3 - 4 LF Step across RF, RF Step bwd.
5 - 6 LF Step aside, RF Step across LF
7 - 8 LF Step ¼ R bwd., RF Step ¼ R fwd.

Step, lock, step, step, lock, step, step, touch.

1 - 2 LF Step fwd., RF lock behind LF
3 - 4 LF Step fwd., RF Step fwd.

5 - 6 LF Lock behind RF, RF Step fwd.
7 - 8 LF Step fwd., RF Touch close to LF

Start over
(dance and feel the magic)

Restarts: in wall 2 & 5 after 40 counts (section 5)

Tag (8 counts) after wall 8

X-step

1 - 2 RF Step diag. Fwd., LF Step diag. Fwd.
3 - 4 RF Step back to center, LF Step back to center
5 - 6 RF Step diag bwd., LF Step diag. Bwd.
7 - 8 RF Step back to center, LF Step back to center

Last Update: 15 Mar 2024
