

Eight Days A Week

COPPER KNOB
BY STEPSHEETS

拍數: 0 牆數: 2 級數: Easy Beginner
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音樂: Eight Days a Week - The Beatles



This dance is in honor of my Level 1 & 2 students for our first Social together. I wanted a dance that was easy enough for Level 1 to learn, and interesting enough for Level 2 to hold their interest. The stepsheet looks daunting, but it really is a simple dance. The video will confirm this. I hope you enjoy it.

Sequence: Section One 2x; Section Two 2x; Section One 1x; Section Two 2x, Section One To End.

SECTION ONE - 2X

VINE RIGHT, TOUCH OUT/IN/OUT/IN

1-4 Step R to side, step L behind R, step R to side, touch L beside R
5-8 Touch L to side, touch L beside R, touch L to side, touch L beside R

VINE LEFT, TOUCH OUT/IN/OUT/IN

1-4 Step L to side, step R behind L, step L to side, touch R beside L
5-8 Touch R to side, touch R beside L, step R to side, touch R beside L

CROSS POINT 4X

1 - 4 Cross R over L, Point L to side; Cross L over R, Point R to side
5 - 8 Repeat 1-4

TWO 1/8 JAZZ BOXES

1-4 Step R across L, Step L back, 1/8 turn right & step R to side; Step L beside R
5-8 Repeat 1-4 (3:00)

BASIC R (body angled towards 4:00) WITH HOLD AND 2 CLAPS; BASIC L (body angled towards 2:00) WITH HOLD AND 2 CLAPS - REPEAT

1-4 Side, Together, Side, Hold and 2 Claps (Body angled towards 4:00)
5-8 Side, Together, Side, Hold and 2 Claps (Body angled towards 2:00)

Repeat 1-8

4 FWD. TOUCHES, ON ZIG-ZAG

1-8 R fwd., touch L beside R; L fwd., touch R beside L; R fwd., touch L beside R; L fwd., touch R beside L

4 BACK TOUCHES, ON ZIG-ZAG

1-8 R back, touch L beside R; L back, touch R beside L; R back, touch L beside R; L bak, touch R beside L

SECTION TWO - 2X

-TWO SLOW PIVOTS

1-8 2 slow ¼ pivots

3 SWIVELS (OR SWAYS) HOLD; 3 SWIVELS (OR SWAYS) HOLD

1-3 hold 4 Swivel towards R, swivel towards L, swivel towards R, hold
5-7 hold 8 Swivel towards R, swivel towards L, swivel towards R, hold

THEN REPEAT SECTION ONE 1X, SECTION TWO 2X, SECTION ONE TO END.

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