

Heavenly Day

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 2 級數: Beginner
編舞者: M. Vasquez (UK) - July 2024
音樂: Heavenly Day - Patty Griffin



Note: Dance starts on Main Vocal

Section 1 (1-8) Side-Together-Forward, Side-Together-Forward, Step/Rock Side, Recover, Behind-Side-Cross

1&2 Step R foot to R side, step L foot next to R, step forward on R
3&4 Step L foot to L side, step R foot next to L, step forward on L
5-6 Step/Rock R foot to R side, recover weight to L
7&8 Cross R foot behind L, step L foot to L side, cross R foot over L

Section 2 (9-16) Step/Rock Side, Recover with ¼ Turn, L Coaster Step, Step/Rock Side, Recover, Side-Together-Side

1-2 Step/Rock L foot to L side, recover weight onto R and pivot ¼ turn L
3&4 Step back on L foot, step R foot next to L, step forward on L foot
5-6 Step/Rock R foot to R side, recover weight to L
7&8 Step R foot to R side, step L foot next to R, step R foot to R side

Section 3 (17-24) Turn ¼ R and Side-Together-Side, Turn ¼ R and Side-Together-Side, L Shuffle Forward, Step/Rock Forward, Recover

1&2 Turning ¼ R step L foot to L side, step R foot next to L, step L foot to L side
3&4 Turning ¼ R step R foot to R side, step L foot next to R, step R foot to R side
5&6 Step forward on L foot, step R foot next to L, step forward on L
7-8 Step/Rock forward on R foot, recover back on L foot

Section 4 (25-32) R Coaster Step, L Cross Samba, Cross, ¼ Turn R, Back, Side, Step L Forward, Touch

1&2 Step back on R foot, step L foot next to R, step forward on R
3&4 Cross L foot in front of R, step R foot to R side, step L foot next to R
5&6 Cross R foot over L, turn 1/4 R stepping L foot back, step R foot to R side
7-8 Step forward on L foot, touch R toe next to L foot