My Lucky Day

拍數: 48

級數: High Beginner

編舞者: Susan Reynolds (USA) - July 2024

音樂: I Feel Lucky - Mary Chapin Carpenter

牆數:4

*1 Restart

Intro 4 – 8 counts

HEEL SWITCHES, HEEL-HITCH-HEEL-HEEL

- 1-2 R heel touch forward, R step in place
- 3-4 L heel touch forward, L step in place
- 5-8 R heel touch forward, R heel hitches over L shin, R heel touch forward, hold

VINE CROSS, HEEL-HITCH-HEEL-HEEL

- 1-4 Vine R: R steps to side, L steps behind, R steps to side, L crosses in front
- 5-8 R heel touch forward, R heel hitches over L shin, R heel touch forward, hold

RESTART here on Wall 5 facing 12:00 after 16 counts

SHUFFLE, ROCK RECOVER, SHUFFLE ½ TURN LEFT, KICK-BALL-CHANGE

- 1&2 Step R forward, Step L forward beside R, Step R forward
- 3-4 L Rock forward, Recover on R
- 5&6 Step L as ½ turn to L (LRL)
- 7&8 R Kick forward, R Step back slightly on ball of foot, L Step in place

ROCKING CHAIR, ½ TURN, FORWARD ROCK

- 1-4 R Rocks forward, Recover on L, R Rocks backward, Recover on L
- 5-6 R Steps forward as turn ½ turn L (Weight returns to L)
- 7-8 R Rocks forward, Recover on L

SIDE ROCK, CROSS SHUFFLE, SIDE ROCK, COASTER

- 1-2 R Rocks to side, Recover on L
- 3&4 R crosses over L, L Steps behind R, R Steps to side in crossed position
- 5-6 L Rocks to side, Recover on R
- 7&8 L Steps back, R Steps back beside L, L Steps forward

1/4 TURN 3X, KICK BALL CHANGE

- 1-2 R Steps forward as turn ¼ L (Weight end on L)
- 3-4 R Steps forward as turn ¼ L (Weight end on L)
- 5-6 R Steps forward as turn ¼ L (Weight end on L)
- 7&8 R Kick forward, R Step back slightly on ball of foot, L Step in place

RESTART on Wall 5 facing 12:00 after 16 counts

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Look at other Sunny & Sue vidoes on YouTube at susanreynolds@susanreynoldslinedances

