It's a Lovely Day With Ella

級數: Absolute Beginner

編舞者: Helaine Norman (USA) - August 2024

音樂: It's a Lovely Day Today - Ella Fitzgerald & Paul Weston and His Orchestra

INTRO: 24 - No tags or restarts

拍數: 32

I. SIDE STRUT, CROSS STRUT; LINDY

- 1-4 Touch R toe to R side, drop R heel, touch L toe over R, drop L heel
- 5&6 Step R side, step L together, step R side
- 7-8 Rock L back, recover to R

Optional 5-8: Step R side, step L together, step R side, touch L together

II. SIDE STRUT, CROSS STRUT, LINDY

- 1-4 Touch L toe to L side, drop L heel, touch R toe over L, drop R heel
- 5&6 Step L side, step R together, step L side
- 7-8 Rock R back, recover to L

Optional 5-8: Step L side, step R together, step L side, touch R together

III. KICK STEP X2; JAZZ BOX

- 1-4 Kick R forward, step R in place, kick L forward, step L in place
- 5-8 Step R over L, step L back, step R side, step L together

IV. WALK X3 ¼ R-TURN WITH SCUFF; WALK X3 ¼ R-TURN WITH SCUFF

- 1-4 Walk R L R making ¼ turn right (3:00), scuff R forward
- 5-8 Walk L R L making ¼ turn right (6:00), scuff R forward (a little diagonally in preparation of count 1 starting SectionI.)
- Styling: 1-4: Make this 8 counts more of a circle clockwise (two 1/8 turns) with step 1 to 1:30, step 2 (together), step 3 to 3:00.
- 5-8 Repeat 1-4 to end at 6:00.

REPEAT

END: Will be facing 6:00 during wall 10. After 16 counts, skip section 3, and do section IV. to get to 12:00 but change count 8 to a R step together (or R touch together) instead of a R scuff forward.

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Last Update: 10 Aug 2024





牆數:2