

New Day (P)

拍數: 66 牆數: 0 級數: Partner
編舞者: Sylvia Priestley (UK)
音樂: That's What Makes You Strong - The Judds



Partner: Position Closed Western, Man facing LOD. Lady's steps mirror man's except where indicated.
Progressing toward LOD

STEP, ROCK, SHUFFLE, WALK, WALK, SHUFFLE

1-2 **MAN:** Step back on left, rock forward on right
 LADY: Step forward on right, rock back on left
3&4 **MAN:** Left shuffle forward, left, right, left.
 LADY: Right shuffle back, right, left, right
5-6 **MAN:** Walk forward right, left.
 LADY: Walk back on left, right
7&8 **MAN:** Right shuffle forward, right, left, right.
 LADY: Left shuffle back, left, right, left

STEP, ROCK, SHUFFLE, STEP, ROCK, CHA-CHA

9-10 **MAN:** Step forward on left foot, rock back on right.
 LADY: Step back on right, rock forward onto left
11&12 **MAN:** Left shuffle back, left, right, left
 LADY: Right shuffle forward, right, left, right

Release lady's left hand and passing right hand over man's head move lady behind man

13-14 **MAN:** Step back on right foot, rock forward on left
 LADY: Walk forward left, right
15&16 **MAN:** Right cha-cha-cha. (in place)
 LADY: Left shuffle, turning ½ right

STEP, ROCK, CHA-CHA, STEP, ROCK, SHUFFLE

17-18 **MAN:** Step forward on left foot, rock back on right.
 LADY: Walk right, left
19&20 **MAN:** Left cha-cha-cha (in place)
 LADY: Right shuffle turning a further ½ right to face partner

Dropping hands into closed western hold

21-22 **MAN:** Step back on right, rock forward on left
 LADY: Step forward on left, rock back on right
23&24 **MAN:** Right shuffle forward right, left, right.
 LADY: Left shuffle back, left, right, left

¼ TURN, TOGETHER, SIDE CHASSE, ROCK, STEP, TURN ½ SHUFFLE

25-26 **MAN:** Turn ¼ on left foot, step right beside left (OLOD)
 LADY: Turn ¼ on right foot, step left beside right (ILOD)
27&28 **MAN:** Chasse to left on left right, left
 LADY: Chasse to right on right, left, right
29-30 **MAN:** Rock back on right, step forward on right
 LADY: Rock back on left, step forward onto right

Release mans right hand, lady's left hand

31&32 **MAN:** Turn ½ to left using right, left, right
 LADY: Turn ½ to right using left, right, left

Lady passes on man's left under man's left arm to face OLOD. Resume double open hand hold

ROCK, STEP, CHASSE, ROCK, STEP, TURN ½ SHUFFLE

- 33-34 **MAN:** Rock back on left, step forward on right
 LADY: Rock back on right, step forward on left
- 35&36 **MAN:** Chasse to left on left, right, left
 LADY: Chasse to right on right, left, right
- 37-38 **MAN:** Rock back on right, step forward on left
 LADY: Rock back on left, step forward on right

Release mans right hand, lady's left hand

- 39&40 **MAN:** Turn ½ to left using right, left, right
 LADY: Turn ½ to right using left, right, left

Lady passes on man's left under man's left arm to face ILOD

ROCK, STEP, SIDE CHASSE, SIDE, BEHIND, ¼ TURN & FORWARD SHUFFLE

- 41-42 **MAN:** Step back on left, forward on right
 LADY: Step back on right, rock forward on left
- 43-44 **MAN:** Step left to side left, step right behind left
 LADY: Step right to side, step left behind right

Promenade position lady's left hand in man's right hand

- 45&46 **MAN:** Step forward ¼ turn left into left forward shuffle (left. Right, left)
 LADY: Step forward ¼ turn right into right forward shuffle (right, left, right)
- 47-48 **MAN:** Step forward right, step forward left
 LADY: Step forward left, step forward right

SHUFFLE FORWARD, ¼ TURN VINE, CHASSE, ROCK, STEP, TURN ½ SHUFFLE

- 49&50 **MAN:** Right shuffle forward on right, left, right
 LADY: Left shuffle forward on left, right, left
- 51-52 **MAN:** Step left ¼ turn on left foot, step right foot behind left
 LADY: Step right ¼ turn on right foot, step left foot behind right

Rejoin hands in double open hand

- 53&54 **MAN:** Chasse to left on left, right, left
 LADY: Chasse to right on right, left, right
- 55-56 **MAN:** Step back on right, rock forward on left
 LADY: Step back on left, rock forward on right

Release mans right hand, lady's left hand

- 57&58 **MAN:** Turn ½ to left using right, left, right
 LADY: Turn ½ to right using left, right, left

Lady passes on man's left under man's left arm to face ILOD. Resume double open hand hold

ROCK STEP, SIDE CHASSE, STEP, ROCK, ¼ TURN SHUFFLE.

- 59-60 **MAN:** Step back on left, rock forward on right
 LADY: Step back on right, rock forward on left
- 61&62 **MAN:** Chasse to left on left, right, left
 LADY: Chasse to right on right, left, right
- 63-64 **MAN:** Step back on right, rock forward on left turning ¼ right (LOD)
 LADY: Left step back. Rock forward onto right
- 65&66 **MAN:** Small shuffle back on right, left, right
 LADY: Turning 1¼ to right, using left, right, left.

Variation: turn a ¼ to right using left, right, left

REPEAT
