

One Of Those Days

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Sharon Hutchinson (UK)
音樂: Sunshine - Gareth Gates



SIDE, BACK ROCK, STEP LOCK STEP, FORWARD ROCK, ½ TURN RIGHT

- 1-2-3 Step large step to left side, rock back on right foot, recover weight forward onto left foot
4&5 Step forward onto right foot, lock left foot behind right, step forward onto right foot
6-7 Rock forward on left foot, recover weight onto right foot
8&1 Step back on left foot, close right foot next to left making a ¼ turn right, make a ¼ turn right and step forward on your left foot (6:00)

STEP TOUCH, HEEL JACK (TWICE) SCUFF ¼ TURN RIGHT, CROSSING SHUFFLE

- 2-3 Step right foot forward, touch left toe next to right foot
&4 Step slightly back on left foot, touch right heel forward
&5 Step right foot in place, touch left toe next to right foot
&6 Step slightly back on left foot, touch right heel forward
&7 Step right foot in place, scuff left foot forward and make a ¼ turn to the right on ball of right foot
8&1 Cross left foot over right, step right foot to right side, cross left foot over right

¼ TURN LEFT, ½ TURN LEFT, STEP PIVOT ¾ TURN LEFT, SIDE TOGETHER, CHASSE RIGHT

- 2-3 Make ¼ turn left and step back on right foot (6:00), make ½ turn left and step forward on left (12:00)
4& Step forward on right foot and pivot ¾ turn left
5-6 Step right foot to right side, close left foot next to right
7&8 Step right foot to right side, close left foot next to right, step right foot to right side

CROSS BACK, BALL CROSS, SIDE TOUCH, PADDLE FULL TURN RIGHT

- 1-2 Cross left foot over right, step back on right foot
&3 Step slightly back on ball of left foot, cross right foot over left
4-5 Step left foot to left side, touch right foot next to left
6&7&8 Make a ¼ turn right stepping onto right foot, step onto ball of left foot making a ¼ turn to right, make ¼ turn right stepping onto right foot, step onto ball of left foot making a ¼ turn to right, step forward onto right foot (step, ball change, ball change - making full turn right)

REPEAT
