

1 Sweet Day

拍數: 32 牆數: 4 級數: Intermediate nightclub
編舞者: Steve Rutter (UK)
音樂: One Sweet Day - Boyz II Men & Mariah Carey



KICK-BALL CROSS, WEAVE, ROCK & CROSS, ¾ TURN RIGHT, TOE TOUCH

1&2 Kick right forward, close right beside left, cross left over right
&3 Step right-to-right side, cross left behind right
&4 Step right-to-right side, cross left over right
5&6 Rock right-to-right side, recover weight onto left, cross right over left
7&8 Make a quarter turn right stepping back on left, make a half turn right stepping forward on right, touch left toe to left side

TOE TOUCH, SIDE STEP, TOE TOUCH, SIDE STEP, CROSS, UNWIND ½ TURN RIGHT, TOE TOUCH, BACK ROCK, SIDE STEP, CROSS BEHIND, UNWIND ¾ TURN LEFT, TOE TOUCH

9&10 Touch left toe forward and slightly across right, step left to left side, touch right beside left
&11 Step right-to-right side, cross left over right
&12 Unwind a half turn right (weight ending on left), touch right toe beside left
13&14 Rock back on right, recover weight forward onto left, step right-to-right side
15&16 Cross left behind right, unwind a three-quarter turn left (weight ending on left), touch right toe to right side

SYNCOPATED JAZZ BOX, TRIPLE FULL TURN LEFT, BACK ROCK, ¼ TURN LEFT, TRIPLE FULL TURN LEFT

17&18 Cross right over left, step back on left, step right to right side
&19 Cross left over right, make a quarter turn left stepping back on right
&20 Make a half turn left stepping forward on left, make a quarter turn left stepping right to right side

For those that don't like too many turns steps

19&20 Can be replaced with a right vine

21&22 Rock back on left, recover weight forward on to right, make a quarter turn left stepping forward on left
23&24 Make a half turn left stepping back on right, make a half turn left stepping forward on left, step forward on right

Steps 23&24 can be replaced with a right lock step forward if the turns get too much & make you dizzy

BACK LOCK STEP, TRIPLE FULL TURN RIGHT, ROCK & CROSS, HIP SWAYS

25&26 Step back on left, lock right in front of left, step back on left
27&28 Make a full turn right on the spot stepping on right, left, right
Steps 27&28 can be replaced with a right coaster step if you have had enough of turns by this point
29&30 Rock left-to-left side, recover weight onto right, cross left over right
31-32 Step right-to-right side swaying hips right, sway hips left

REPEAT