

See The Day

拍數: 48 牆數: 2 級數: waltz
編舞者: Alison Metelnick (UK)
音樂: See the Day - Girls Aloud



Start on the word "Look" when they start to sing "When you look" (It has a very quick beginning)

CROSS LEFT OVER RIGHT, 3 STEP SYNCOPATED RIGHT WEAVE, CROSS LUNGE LEFT OVER RIGHT, TRANSFER & STEP LEFT TO LEFT SIDE

1 Cross step left over right
2&3 Step right to right side, cross step left behind right, step right to right side
4-5-6 Cross lunge left over right, transfer weight to right, step left to left side

CROSS RIGHT OVER LEFT, LEFT SIDE TRIPLE, CROSS LUNGE RIGHT OVER LEFT, TRANSFER & ¼ TURN RIGHT STEP RIGHT FORWARD

1 Cross step right over left
2&3 Step left to left side, step right beside left, step left to left side
4-5-6 Cross lunge right over left, transfer weight to left, turning ¼ right step right forward

STEP LEFT FORWARD, MODIFIED RIGHT TWINKLE, LEFT FORWARD LUNGE, TRANSFER & TURN ½ LEFT STEP LEFT FORWARD

1 Step left forward
2&3 Step right to right side, step left next to right, step right forward
4-5-6 Lunge forward on left, transfer weight to right, ½ turn left step left forward

STEP RIGHT FORWARD, MODIFIED LEFT TWINKLE, RIGHT FORWARD LUNGE, TRANSFER & TURN ½ RIGHT STEP RIGHT FORWARD

1 Step right over forward
2&3 Step left to left side, step right next to left, step left forward
4-5-6 Lunge forward on right, transfer weight to left, ½ turn right step right forward

MODIFIED WALTZ BALANCE WITH ½ LEFT TURN, LEFT BACK BALANCE STEP

1 Step left forward in extended 5th position
2&3 Turning ½ left step right back, step left next to right, step right back
4-5-6 Step left back, step right next to left, step left forward (basic balance step)

RIGHT FORWARD, ¼ RIGHT MODIFIED TWINKLE, 3 STEP RIGHT WEAVE

1 Step right forward
2&3 Turning ¼ right step left to left side, transfer weight to right, cross step left over right
4-5-6 Step right to right side, cross step left behind right, step right to right side

You can add a full turn left as a variation on counts 4-5-6

CROSS LUNGE LEFT OVER RIGHT, TRANSFER & ¼ LEFT CROSS RIGHT OVER LEFT, LEFT TO LEFT SIDE RIGHT TOGETHER LEFT FORWARD

1 Cross lunge left over right
2&3 Transfer weight to right, turning ¼ left step left next to right, cross step right over left
4-5-6 Step left to left side, step right next to left, step left forward

RIGHT FORWARD LUNGE, TRANSFER & ½ RIGHT TURN STEP TOGETHER LEFT FORWARD, RIGHT FORWARD LUNGE, TRANSFER & ¼ RIGHT STEP RIGHT TO RIGHT SIDE

1 Lunge forward on right
2&3 Transfer weight to left, turning ½ right step right next to left, step left forward

4-5-6

Lunge forward on right, transfer weight to left, turning $\frac{1}{4}$ right step right to right side

REPEAT
