

Somedays

拍數: 56 牆數: 0 級數:
編舞者: Marilynne Delurey (CAN)
音樂: Some Days You Gotta Dance - The Chicks



TOUCH RIGHT OUT, IN, OUT, IN WALK FORWARD RIGHT, LEFT, SWIVEL HEELS RIGHT

- 1-4 Touch right toe to right side, touch right toe beside left, touch right toe to right side, touch right toe beside left
5-6 Walk forward right, and step left together
7-8 Swivel both heels to the right and back to center

TOUCH LEFT OUT, IN, OUT, IN WALK FORWARD LEFT, RIGHT, SWIVEL HEELS LEFT

- 1-4 Touch left toes to left side, touch left toes beside right, touch left toes to left side, touch left beside right
5-6 Walk forward left, and step right together
7-8 Swivel both heels to the left, and back to center

ROCK FORWARD AND BACK, STEP ½ TURN, STOMP, STOMP

- 1-4 Rock forward right, recover weight on left, rock back right, recover weight on left
5-6 Step right forward, ½ turn to the left while stepping onto left
7-8 Stomp right forward, stomp left forward

STEP TOGETHER, STEP TOUCH ON 45 DEGREES, STEP TOGETHER, STEP TOUCH ON A 45 DEGREES

- 1-4 Step right forward on a 45 degrees angle, step left beside right, step right forward on a 45 degrees angle, touch left beside right
5-8 Step left forward on a 45 degrees angle, step right beside left, step left forward on a 45 degrees angle, touch right beside left

STEP TOUCH, STEP TOUCH, BACKING UP, WALK BACK RIGHT AND LEFT, TOGETHER TOE RISES, STEP DOWN

- 1-4 Step back right, touch left beside right, step back left touch right beside left On a 45
5-6 Walk back right then step left together
7-8 (With weight on both feet) raise toes up and recover weight on left

VINE RIGHT THEN LEFT WITH A ½ TURN

- 1-4 Step right to right side, step left behind right, step right to right side touch left beside right
5-8 Step left to left side, step right behind left, step left to left side while making a ½ turn to the left, touch right beside left

VINE RIGHT THEN LEFT WITH A ¼ TURN LEFT

- 1-4 Step right to right side, step left behind right, step right to right side, touch left beside right
5-8 Step left to left side, step right behind left, step left to left side (while making a ¼ turn) to the left, touch right beside left

REPEAT

TAG

At the end of walls 2 and 4

- 1-2 While stepping down on right, bump hips to the right for one count, then to the left for one count (weight should be on left)
3-8 Hold for 6 counts (right heel taps is what is being done here)

On wall 5, do the dance until you hit the heel raises. Then hold for 4 counts. Then go into the vines. (you will

hear the music slow down as you get to the heel raises)
