

# This Perfect Day

**COPPER KNOB**  
STEPSHEETS

拍數: 40      牆數: 2      級數: Intermediate  
編舞者: Kay Greig (UK)  
音樂: Ain't Gonna Work Today - Junior Brown



## ROCK RIGHT HIP FORWARD, ROCK HIP BACK, ROCK HIP FORWARD, STEP BACK RIGHT WITH A LEFT KICK, LEFT COASTER STEP

- 1            Rock right forward pushing hip forward with attitude
- &           Recover weight onto left
- 2            Rock right back pushing hip back with attitude
- &           Recover weight onto left
- 3            Rock right forward pushing hip forward with attitude
- &           Recover weight onto left
- 4&          Step back right, kick left forward
- 5&6        Left coaster step (back left, right together, left forward)

## ROCK RIGHT SIDE, RECOVER, CROSS, ROCK LEFT SIDE, RECOVER, TOUCH

- 7&          Rock right to right side, recover weight onto left
- 8            Cross right over left
- 9&          Rock left to left side, recover weight onto right
- 10          Touch left together besides right

## ROCK LEFT HIP FORWARD, ROCK HIP BACK, ROCK HIP FORWARD, STEP BACK LEFT WITH A RIGHT KICK, RIGHT COASTER STEP

- 11          Rock left forward pushing hip forward with attitude
- &           Recover weight onto right
- 12          Rock left back pushing hip back with attitude
- &           Recover weight onto right
- 13          Rock left forward pushing hip forward with attitude
- &           Recover weight onto right
- 14&        Step back left, kick right forward
- 15&16     Right coaster step (back right, left together, right forward) walk forward left right with straight legs, left lock back

- 17          Walk forward left with straight leg
- 18          Walk forward right with straight leg
- 19&20     Step back left, lock right in front of left, step back left

## RIGHT COASTER, FORWARD, SIDE, TOGETHER, BACK, BACK, RIGHT SIDE, TOGETHER, TURN ¼ RIGHT

- 21&22     Right coaster (back right, left together, right forward)
- 23          Step forward left
- 24&        Step right to right side, step left together
- 25-26     Step back right, step back left
- 27&        Step right to right side, step left together
- 28          Step right into ¼ turn right

## LEFT CROSS, BACK, CROSS, BACK, CROSS, BACK (TRAVELING BACK)

- 29          Cross left over right (dip down slightly for attitude)
- &           Step back right (still dipped down slightly for attitude)
- 30          Cross left over right (raise up for attitude)

31 Step back right (dip down slightly for attitude)  
& Cross left over right (still dipped down slightly for attitude)  
32 Step back right (raise up for attitude)

**LEFT COASTER, STEP, PIVOT ½ LEFT**

33&34 Left coaster step (back left, right together, left forward)  
35-36 Step forward right, pivot ½ turn left

**RIGHT SHUFFLE FORWARD, TRIPLE ¾ TURN RIGHT**

37&38 Step forward right, step left besides right, step forward right  
39&40 Triple step turning ¾ turn right (right, left, right)

**REPEAT**

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