

Three Days

拍數: 64 牆數: 2 級數: Improver
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音樂: Three Days - Mandy Barnett



KICK, STEP, KICK, STEP, KICK, JAZZ BOX, STEP

- 1 Kick right foot forward
- 2 Step right foot next to left
- 3 Kick left foot forward
- 4 Step left foot next to right
- 5 Kick right foot forward
- 6 Cross right foot over left (to start jazz box)
- 7 Step back on left
- 8 Step right foot next to left

KICK, STEP, KICK, STEP, KICK, JAZZ BOX, STEP

- 1 Kick left foot forward
- 2 Step left foot next to right
- 3 Kick right foot forward
- 4 Step right foot next to left
- 5 Kick left foot forward
- 6 Cross left foot over right (to start jazz box)
- 7 Step back on right
- 8 Step left foot next to right

STEP BEHIND, STEP SIDE, CROSS OVER, POINT

- 1 Step right crossing behind left
- 2 Step side left on the left
- 3 Cross right over left
- 4 Touch left to left side
- 5 Step left crossing behind right
- 6 Step side right on right
- 7 Cross left over right
- 8 Touch right to right side

STEP ½ TURN PIVOT, KICK, KICK, TOUCH SIDE, HITCH BACK

- 1 Step forward on right
- 2 Hold
- 3 ½ turn pivoting on ball of right (left takes weight after turn is complete)
- 4 Hold
- 5-6 Kick right forward (5). Kick right forward (6)
- 7 Touch right to right side
- 8 Hitch right behind left calf (bending right knee placing instep of foot behind left calf)

GRAPE VINE RIGHT WITH ¼ TURN, HOLD, KICK, KICK, TOUCH SIDE, HITCH

- 1 Step side right on right
- 2 Step left behind right
- 3 ¼ turn to right stepping on right
- 4 Hold
- 5-6 Kick left, kick left
- 7 Touch side with left

8 Hitch left behind right (bending left knee placing instep of foot behind right calf)

GRAPE VINE LEFT WITH ¼ TURN, HOLD, KICK, KICK TOUCH SIDE, HITCH

1 Step side left on left
2 Step right behind left
3 ¼ turn to left stepping on left
4 Hold
5-6 Kick right, kick right
7 Touch side with right
8 Hitch right behind left (bending right knee placing instep of foot behind left calf)

ROCK FORWARD, RECOVER, ¼ TURN RIGHT, HOLD, ¼ TURN ROCK FORWARD, RECOVER, STEP IN PLACE

1 Rock forward right
2 Recover on left
3 ¼ turn to right stepping on right
4 Hold
5 ¼ turn to right (now facing front) rocking forward on left
6 Recover on right
7 Step left next to right
8 Hold

MODIFIED SAILOR STEP P, MODIFIED SAILOR STEP LEFT

1 Step right behind left
2 Push off left side on ball of left foot
3 Step out to right on right
4 Hold
5 Step left behind right
6 Push off right side on ball of right foot
7 Step out to left on left
8 Hold

REPEAT

TAG

Happens after 3rd time through. You will end up doing the dance three times facing the front wall, the 16 count tag, then three times facing the back wall

DIAMOND STEPS

1 Step right on right diagonal (body opening to 10:00)
2 Step left next to right
3 Step right on right diagonal
4 Touch left next to right
5 Step left on left diagonal (body opening to 2:00)
6 Step right next to left
7 Step left on left diagonal
8 Touch right next to left

½ TURN ON LEFT STEPPING RIGHT CONTINUING DIAMOND STEPS

1 ½ turn pivot on ball of left (now facing back) stepping to the right diagonal on right
2 Step left next to right
3 Step right on right diagonal
4 Touch left next to right
5 Step left on left diagonal
6 Step right next to left

- 7 Step left on left diagonal
 - 8 Touch right next to left
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