

3 Dayz

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Hazel Pace (UK)
音樂: Three Days - Sandi West
或: From Time to Time - Rascal Flatts



CROSS, SIDE, HEEL JACK, & CROSS, ¼ TURN, ½ TURN, STEP FORWARD

1-2 Cross right over left, step left to left side
3&4 Step right behind left, step left back, touch right heel forward
&5 Step back on right, cross left over right
6 Make ¼ turn left stepping back onto right
7-8 On ball of right make ½ turn left stepping forward onto left, step forward right

FORWARD ROCK, BACK SLIDE, BACK ½ TURN, STEP ½ PIVOT

1-2 Rock forward on left, rock back onto right
3-4 Step back left, slide right back towards left (no weight)
5-6 Step back on right, make ½ turn left stepping forward onto left
7-8 Step forward right, pivot ½ turn left

Option: steps 5-8 can be replaced with two steps back, then rock back, recover

STEP FORWARD RIGHT AND LEFT WITH POINTS, CROSS, SIDE, SAILOR STEP

1-2 Step forward right, touch left to left side
3-4 Step forward left, touch right to right side
5-6 Cross right over left, step left to left side
7&8 Cross right behind left, step left to left side, step right to right side

CROSS ¼ TURN, ½ TURN, TOUCH, SYNCOPATED GRAPEVINE RIGHT

1-2 Cross left over right, make ¼ turn left stepping back onto right
3 On ball of right make ½ turn left stepping forward onto left
4 Touch right beside left
5-6 Step right to right side, cross left behind right
&7-8 Step back on right, cross left over right, step right to right side

BACK ROCK, ¼ TURN RIGHT, BACK, ¼ TURN HEEL JACK TWICE

1-2 Rock left back behind right
3-4 Make ¼ turn right stepping back onto left
&5-6 Make sharp ¼ turn right stepping back on left, touch right heel forward, hold
&7-8 Make sharp ¼ turn left stepping back on right, touch left heel forward, hold

Option: steps 5-8 can be adjusted as follows:

Still make turns then touch free toe forward and flick kick forward

SYNCOPATED WEAVE INTO FULL ROLLING TURN LEFT, CROSS ROCK

&1-2 Step back left, cross right over left, step left to left side
3-4 Step right behind left, step left ¼ turn left
5 Make ½ turn left stepping back onto right
6 Make ¼ turn left stepping left to left side
7-8 Cross rock right over left, rock back onto left

RIGHT SLIDE, BACK ROCK, SIDE LEFT, BACK ROCK, ¼ TURN SHUFFLE

1-2 Big step right to right side, slide left towards right
&3 Quickly rock left behind right, rock forward onto right
4 Step left to left side

5-6 Rock right back behind left, rock forward onto left
7&8 Step right ¼ turn right, step left beside right, step forward right

FORWARD ROCK, BACK SHUFFLE, BACK ROCK, ½ TURN LEFT, SIDE STEP

1-2 Rock forward on left, rock back on right
3&4 Step back left, step right beside left, step back left
5-6 Rock back on right, rock forward on left
7-8 Make ½ turn left stepping back onto right, step left to left side

REPEAT
