

# 24 Hours Of The Day

**COPPER KNOB**  
STEPSHEETS

拍數: 48      牆數: 2      級數: Intermediate  
編舞者: Shirley Barnett (USA)  
音樂: It's Love Baby - Delbert McClinton



## FULL TURN LEFT WITH 4 CHUGS, RIGHT MONTEREY TURN

- 1-2-3-4      With weight on ball of left foot pivot  $\frac{1}{4}$  turn left touching right toe out to right side, repeat 3 times (you are now facing original wall)
- 5-6      Touch right toe out to right side, pivot on left foot  $\frac{1}{2}$  turn right sliding right foot next to left taking weight on right foot
- 7-8      Touch left toe out to left side, step left foot next to right foot

## RIGHT MONTEREY TURN, CROSS SHUFFLES BACK

- 9-10      Touch right toe out to right side, pivot on left foot  $\frac{1}{2}$  turn right sliding right foot next to left taking weight on right foot
- 11-12      Touch left toe out to left side, touch left foot next to right foot (weight remains on right foot)
- 13&14      Step left foot diagonally back and left, step and lock right foot over left foot, step left foot diagonally back and left
- 15&16      Step right foot diagonally back and right, step and lock left foot over right foot, step right foot diagonally back and right

## COASTER STEP, STEP DIAGONALLY FORWARD, TOUCH, STEP DIAGONALLY FORWARD, TOUCH, HIP BUMPS

- 17&18      Step back with left foot, step right foot next to left, step forward with left foot
- 19-20      Take large step diagonally forward right with right foot snaking right shoulder, touch left toe next to right foot
- 21-22      Take large step diagonally forward left with left foot snaking left shoulder, touch right toe next to left foot
- 23&24      Step down on right foot and bump hips right, bump hips left, bump hips right (weight ends on right foot)

## STEP FORWARD, PIVOT $\frac{1}{4}$ , MASH POTATO STEPS BACK, ROCK BACK, ROCK FORWARD

- 25-26      Step forward with left foot, pivot  $\frac{1}{4}$  turn right shifting weight to right foot
- &27&28      Swiveling both heels out raise left foot up, swiveling both heels in step back on left foot, swiveling both heels out raise right foot up, swiveling both heels in step back on right foot
- &29&30      Swiveling both heels out raise left foot up, swiveling both heels in step back on left foot, swiveling both heels out raise right foot up, swiveling both heels in step back on right foot
- 31-32      Step and rock back on left foot, rock weight forward to right foot

## STEP FORWARD, STEP TOGETHER, HIP BUMPS, HIP SWAY WITH $\frac{1}{4}$ TURN

- 33-34      Step forward with left foot, step right foot next to left keeping weight on left foot
- 35-36      Bump hips to the right 2x
- 37-38      Bump hips to the left 2x
- 39-40      Roll hips to the left, pivot  $\frac{1}{4}$  turn to the right ending with weight on left foot (39 and 40 should be a flowing motion)

## COASTER STEP, LEFT SIDE SHUFFLE, RIGHT SIDE SHUFFLE, ROCK SIDE CLAP

- 41&42      Step back with right foot, step left foot next to right, step forward with right foot
- 43&44      Step to the left with left foot, step right foot next to left step to the left with left foot
- 45&46      Step to the right with right foot, step left foot next to right step to the right with right foot
- 47-48      Step and rock to the left with left foot, hold and clap

## REPEAT

