

Just A Day

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Steven Bray
音樂: Just a Day - Feeder



SHUFFLE, STEP TURN, SHUFFLE, STEP TURN

- 1&2 Step right to right side, step left beside right, step right to right side
- 3-4 Step forward on left, make ½ turn right
- 5&6 Step left to left side, step right beside left, step left to left side
- 7-8 Step forward on right, make ½ turn left

SAILOR TURN, SAILOR STEP, SHUFFLE, LEFT CHARLESTON

- 9&10 Step right behind left making ¼ turn right, step forward left making ¼ turn right, step right to right side making ¼ turn right
- 11&12 Step left behind right, step forward right, step left to left side
- 13&14 Step right to right side, step left beside right, step right to right side
- 15-16 Touch left toe forward, step back on left making ¼ turn left

HAND JIVE, ARMS CROSS, DROP, KNEE PUMPS

- 17&18 Touch right hand to front of left shoulder, touch front of right shoulder, drop hand straight down to right side
- 19&20 Touch left hand to front of right shoulder, touch front of left shoulder, drop hand straight down to left side
- 21-22 Make fists and raise both arms, crossing right over left in front of chest; drop hands straight down to sides
- 23&24 Pump left fist down and right fist up while raising right knee twice (right foot does not touch floor)

SLIDE, SLIDE, KICK, KICK, FOOT TWISTS

- 25-26 Step right to right side making 45 degrees turn left, slide left beside right
- 27-28 Step left to left side making 45 degrees turn left, slide right beside left
- 29-30 Kick right forward, kick right to right side
- 31&32 Twist right behind left knee, twist right out, twist right in front of left knee (hold: 6th wall only)

REPEAT