

Just Another Day

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Forty Arroyo (USA)
音樂: Just Another Day - Jon Secada



TOE, HEEL, ROCK, RECOVER, STEP, SWEEP, TOE, HEEL, ROCK, RECOVER, STEP

1-2 Step side right on ball of right, lower right heel - stepping right in place
3&4& Rock back on left, recover on right, step left to left side, slide & touch right next to left
5-6 Repeat counts 1-2
7&8 Repeat counts 7&8 (now at 12:00)

TOE, HEEL, BOUNCE, BOUNCE, KICK, MAMBO BACK, MAMBO FORWARD

1&2 Pushing hips slightly back - touch right toe slightly forward, push hips forward while bending knees, drop right heel while straightening knees - weight on right
3&4 Bounce heels twice as you complete a ½ to left (for 3&) weight on left, low kick left forward (4)
5&6 Rock back on left, step right in place, step left next to right
7&8 Rock forward on right, step left in place, step right next to left (now at 6:00)

STEP, SWEEP ¼, TRIPLE SIDE, STEP, SWEEP ¼, TRIPLE SIDE

1-2 Step forward on left, sweep & touch right next to left turning a ¼ to right with sharp turn of the head on count 2
3&4 Triple side right - right left right
5-6 Repeat counts 1-2
7&8 Repeat counts 3&4 (now at 12:00)

LEFT MAMBO, RIGHT MAMBO, SYNCOPATED LEFT & RIGHT MAMBO

1&2 Rock forward on left, step right in place, step left next to right
3&4 Rock back on right, step left in place, step right next to left
5&6& Rock left to side, step right in place, step left next to right, rock right to side
7&8 Step left in place, step right next to left, step left in place (still at 12:00)

STEP FORWARD, POP, TRIPLE FORWARD, STEP FORWARD, POP, TRIPLE FORWARD

1-2 (Rolling hips forward and back) step slightly forward on ball of right, rock back on left while popping right knee
3&4 Triple forward right left right
5&6 (Rolling hips forward) step slightly forward on left, (rolling hips back) rock back on right while popping left knee
7&8 Triple forward left right left (still at 12:00)

STEP, PIVOT ¼ LEFT, CROSSING TRIPLE, CHASSE' LEFT, TOUCH, TOUCH, STEP

1&2 Step forward on right, pivot ¼ to left (weight on left)
3&4 Cross right in front of left, step left to left side, cross right in front of left
5&6 Step left to side, step right next to left, step left to side,
&7-8 Touch right next to left, touch right to side, step right next to left (now at 9:00)

MAMBO LEFT & RIGHT, FULL TURN RIGHT IN PLACE, MAMBO W/TOUCH

1&2 Rock left to side, step right in place, step left next to right
3&4 Rock right side, step left in place, step right next to left with toe pointing to right (prepping for full turn right)
5&6 Full turn in place to right (step slightly forward on left, pivot ¾ turn to right, step left next to right turning ¼ turn - completing full turn to right (easy option: mambo back on left)

7&8 Rock back on right, step left in place, touch right next to left (still at 9:00)

ROCK, STEP, TOUCH ¼ RIGHT, STEP ¼ RIGHT, STEP, PIVOT ¼ RIGHT, CROSSING TRIPLE

1-4 Rock forward on right, step left in place, turning ¼ right - touch right to right side, turning ¼ right -step right in place

5-8 Step forward on left, pivot ¼ to right, cross left over right, step right to side, cross left over right (now at 6:00)

REPEAT

TAG

After walls 1 and 2. For those who don't like long intros, feel free to start the dance after 8 counts, putting the tag on walls 1, 2, and 3

KICK & TOUCH, ½ TURN SWEEPING TRIPLE - REPEAT

1&2 Low kick right forward, step right in place, touch left out to side

3&4 Starting a ½ to left- sweep step left behind right, step right in place, step left in place - completing ½ turn

5-8 Repeat 1-4

ENDING

As the music fades, repeat 1st 8 counts to end
