

# 8 Days A Week

拍數: 64      牆數: 4      級數:  
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK)  
音樂: Eight Days a Week - The Beatles



## **RIGHT FORWARD, LEFT KICK FORWARD, LEFT CROSS STEP, RIGHT BACK, LEFT BACK, RIGHT KICK FORWARD, RIGHT CROSS STEP, LEFT BACK**

- 1-4            Step right foot forward, kick left foot forward, cross step left foot over right, step right foot back  
5-8            Step left foot back, kick right foot forward, cross step right foot over left, step left foot back

## **RIGHT TOE STEP, LEFT CROSS OVER TOE STEP, RIGHT SIDE SHUFFLE TURNING ¼ LEFT, LEFT ROCK BACK & RECOVER**

- 1-4            Touch right toes to right side, press right heel down, touch left toes to left side, press left heel down  
5&6           Step right foot to right side, step left foot together, step right foot to right side turning ¼ left  
7-8            Rock left foot back, recover weight on right foot

## **LEFT TOE STEP, RIGHT CROSS OVER TOE STEP, LEFT TO LEFT SIDE, ¼ RIGHT PIVOT, LEFT FORWARD SHUFFLE**

- 1-4            Touch left toes to left side, press left heel down, touch right toes to right side, press right heel down  
5-6            Step left foot to left side, pivot ¼ right (alternate steps - rock left foot to left side, recover weight on right foot turning ¼ right)  
7&8            Step left foot forward, step right foot together, step left foot forward

## **RIGHT FORWARD, ½ LEFT PIVOT, ¼ LEFT & RIGHT TO RIGHT SIDE, LEFT KICK FORWARD, BACK 3, RIGHT TOUCH**

- 1-4            Step right foot forward, pivot ½ left, turning ¼ left step right foot to right side, kick left forward  
5-8            Step left foot back, step right foot back, step left foot back, touch right together

## **RIGHT TO RIGHT SIDE, HOLD, LEFT ROCK BACK & RECOVER WITH DOUBLE CLAP, ¼ RIGHT & LEFT TO LEFT SIDE, RIGHT ROCK BACK & RECOVER WITH DOUBLE CLAP**

- 1-2            Step right foot to right side, hold  
3&4            Rock left foot back, recover weight on right foot & clap, clap again  
5-6            Turning ¼ right step left foot to left side, hold  
7&8            Rock right foot back, recover weight on left foot & clap, clap again

## **RIGHT TO RIGHT SIDE, HOLD, LEFT ROCK BACK & RECOVER WITH DOUBLE CLAP, ¼ RIGHT & LEFT TO LEFT SIDE, RIGHT ROCK BACK & RECOVER WITH DOUBLE CLAP**

- 1-8            Repeat counts 33-40

## **VINE RIGHT 2, RIGHT SIDE SHUFFLE, WEAVE RIGHT 2, ½ LEFT & LEFT TO LEFT SIDE, RIGHT TOUCH & CLAP**

- 1-2            Step right foot to right side, cross step left foot behind right  
3&4            Step right foot to right side, step left foot together, step right foot to right side (angle body towards right diagonal as you shuffle)  
5-6            Cross step left foot over right, step right foot to right side  
7-8            Turning ½ left on right foot step left foot to left side, touch right together & clap (thanks Sheila!!)

## **VINE RIGHT 2, ¼ RIGHT SHUFFLE, LEFT FORWARD, ½ RIGHT PIVOT, ¼ RIGHT & LEFT TO LEFT SIDE, RIGHT TOUCH**

- 1-2 Step right foot to right side, cross step left foot behind right  
3&4 Turning  $\frac{1}{4}$  right step right foot forward, step left foot together, step right foot forward  
5-8 Step left foot forward, pivot  $\frac{1}{2}$  right, turning  $\frac{1}{4}$  right step left foot to left side, touch right together

**REPEAT**

**RESTART**

Restart the dance after completing counts 1-32 when facing left side wall (after 3rd repetition) and then again on the right side wall (after 5th repetition).

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