

# Diary Entries

拍數: 0                      牆數: 1                      級數: Intermediate  
編舞者: Phil Austin (UK)  
音樂: My Book - The Beautiful South



Sequence: A B C A B C A B\* C to the end. On the last B, only dance up to count 24 and make a scuff 1/2 turn instead of a 1/4 turn. Then go into C and keep dancing C until the music stops.

## SECTION A

### ROCK, RECOVER, ROCK, RECOVER, TOE STRUT, TOE STRUT

1-2&                      Rock forward right, recover onto left, step right to left  
3-4                      Rock back left, recover onto right  
5-6                      Point left toe forward, drop left heel  
7-8                      Point right toe forward, drop right heel

### ROCK, RECOVER, ROCK, RECOVER, TOE STRUT, TOE STRUT

1-2&                      Rock forward left, recover onto right, step left to right  
3-4                      Rock back right, recover onto left  
5-6                      Point right toe forward, drop right heel  
7-8                      Point left toe forward, drop left heel

### STEP, ½ TURN, STEP, CLAP, STEP ½ TURN, STEP, CLAP

1-2                      Step forward right, pivot ½ turn over left shoulder  
3-4                      Step forward right, clap hands  
5-6                      Step forward left, pivot ½ turn over right shoulder  
7-8                      Step forward left, clap hands

### LOCK, HOLD, UNWIND ¾ TURN, SIDE SHUFFLE, CROSS SHUFFLE

1-2                      Lock right behind left, hold  
3-4                      Unwind ¾ turn over right shoulder over two counts  
5&6                      Step left to side, step right to left, step left to side  
7&8                      Cross right over left, step left to side, cross right over left

## SECTION B

### ROCK, RECOVER, SAILOR STEP, SAILOR STEP, BEHIND, UNWIND ¾ TURN

1-2                      Rock left to side, recover weight onto right  
3&4                      Cross left behind right, step right to side, step left to right  
5&6                      Cross right behind left, step left to side, step right to left  
7-8                      Cross left behind right, unwind ¾ turn over right shoulder

### SHUFFLE FORWARD, ½ TURN, SHUFFLE ¼ TURN, CROSS, UNWIND ½ TURN

1&2                      Step forward right, step left to right, step forward right  
3-4                      Step forward left, pivot ½ turn over right shoulder  
5&6                      Make ¼ turn over right shoulder stepping left, right, left  
7-8                      Cross right over left, unwind ½ turn

### CROSS, CLICK, CROSS, CLICK, CROSS, CLOSE, CROSS, SCUFF ¼ TURN

1-2                      Cross right over left, click fingers  
3-4                      Lift left and cross left over right, click fingers  
5-6                      Lift right and cross right over left, step left to right  
7-8                      Cross right over left, scuff left and pivot ¼ turn over right shoulder on right foot

### **CROSS, CLICK, CROSS, CLICK, CROSS, CLOSE, CROSS, SCUFF ¼ TURN**

- 1-2 Cross left over right, click fingers
- 3-4 Lift right and cross right over left, click fingers
- 5&6 Lift left and cross left over right, step right to left
- 7-8 Cross left over right, scuff right and pivot ¼ turn over left shoulder on left foot

### **JAZZ BOX ¼ TURN, JAZZ BOX**

- 1-2 Cross right over left, step back left
- 3-4 Step back right and pivot ¼ turn over right shoulder, scuff left forward
- 5-6 Cross left over right, step back right
- 7-8 Step back left, scuff right forward

### **STEP, LOCK, STEP, HITCH ½ TURN, STEP LOCK, STEP, SCUFF**

- 1-2 Step forward right, lock left behind right
- 3-4 Step forward right, hitch left knee and pivot ½ turn over right shoulder on right foot
- 5-6 Step forward left, lock right behind left
- 7-8 Step forward right, scuff right forward

### **SECTION C**

#### **ROCK, RECOVER, COASTER STEP, STEP, ½ TURN, SHUFFLE FORWARD**

- 1-2 Rock forward right, recover weight onto left
- 3&4 Step back right, step left to right, step forward right
- 5-6 Step forward left, pivot ½ turn over right shoulder
- 7&8 Step forward left, step right to left, step forward left

#### **STEP, STEP, KNEE KNOCKS, STEP, STEP, KNEE KNOCKS**

- 1-2 Step forward right, step forward left
- 3-4 Bend knees and knock them together twice
- 5-6 Step forward right, step forward left
- 7-8 Bend knees and knock them together twice

#### **ROCK, RECOVER, ½ TURN SHUFFLE, ROCK, RECOVER, ROCK, RECOVER**

- 1-2 Rock forward right, recover weight onto left
- 3&4 Make ½ turn over right shoulder stepping right, left, right
- 5-6 Rock forward left, recover weight onto right
- 7-8 Rock back left, recover weight onto right

#### **STEP, SCUFF, STRESS STEP**

- 1-2& Step forward left, scuff right, step onto right
- 3&4 Scuff left, touch left toe forward, step onto left

- 1-28 Repeat Section C
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