

Beautiful Day

拍數: 32 牆數: 4 級數: Improver
編舞者: Henny Nielsen (DK)
音樂: It's A Beautiful Day - Katrine Falkenberg



MAMBO FORWARD RIGHT, MAMBO BACK LEFT, SIDE ROCK CROSS, ¼ TURN LEFT, ½ TURN RIGHT

1&2 Rock forward on right, recover on left, step right in place
3&4 Rock back on left, recover on right, step left in place
5&6 Rock right to right side, recover on left, cross right in front of right
7-8 Step left to left making ¼ turn right, on ball of left make ½ turn right stepping forward on right (facing 9:00)

STEP FORWARD ON LEFT, TAP RIGHT, LOCK STEP BACK ON RIGHT, ¼ TURN LEFT, SKATE RIGHT, LEFT, TOUCH RIGHT BESIDE LEFT

1-2 Step forward on left, tap right behind left
3&4 Step back on right, lock left in front on right, step back on right
5 ¼ turn left on left (facing 6:00)
6-7 Skate forward on right, skate forward on left
8 Touch right beside left

SAILOR STEP RIGHT, SAILOR STEP LEFT WITH ¼ TURN, RIGHT KICKBALL CHANGE, ½ PIVOT TURN

1&2 Step right behind left, step left to left side, step right in place
3&4 Step left behind right, ¼ turn left on right, step left to left side (facing 3:00)
5&6 Kick right foot forward, step down on right, change weight onto left
7-8 Step forward on right, ½ pivot turn left (facing 9:00)

LOCK STEP FORWARD ON RIGHT, MAMBO FORWARD ON LEFT, SHUFFLE RIGHT WITH ½ TURN, LEFT KICKBALL TOUCH

1&2 Step forward on right, lock left behind right, step forward on right
3&4 Rock forward on left, recover on right, step left in place
5&6 ½ turn shuffle, stepping right, left, right (facing 3:00)
7&8 Kick left foot forward, step down on left, touch right beside left

REPEAT

TAG

After wall 1 and 3

1-2 Step right to side with sway. Sway left, transferring weight

RESTART

At the end of wall 4 (facing 12:00) dance the first 16 counts then restart (facing 6:00)

ENDING

Dance the first 8 count section 1 then

1-2 Step forward on left, tap right behind left
3 ¼ turn with right (facing 12:00)

This dance is dedicated to my sister Malene Clausen for introducing me to linedance. And to Hanne Asmussen for arsking me to make this dance. But also to all my dancers for being an inspiration for me..