

That's The Day

拍數: 32 牆數: 2 級數: Intermediate NC2Step
編舞者: Dee Musk (UK) - May 2008
音樂: A Boy Becomes a Man - Emerson Drive : (Album: Countrified)



Intro: 16 Count Intro - start just before main vocals on first beat. Approx (14 secs).

SIDE BACK ROCK, ¼ TURN R, STEP ½ TURN STEP R, ½ TURN L, ¼ TURN L, CROSS ROCK SIDE, CROSS.

- 1,2& Step L to L side, cross rock R behind L, recover weight to L.
- 3,4& Making a ¼ turn R step forward on R, step forward on L and make a ½ turn R.
- 5,6& Step forward on L, travelling forward make a ½ turn L stepping back on R, make a ¼ turn L stepping L to L side.
- 7&8 Cross rock R over L, recover weight to L, step R to R side.
- & cross L over R. *(Restart 1 during 3rd wall facing 12 o'clock – replace count & with - touch L beside R – then restart). (12 o'clock).

SIDE BACK ROCK, ¼ TURN L, STEP ½ TURN L, ½ TURN L WITH DRAG, COASTER STEP, RUN, RUN.

- 1,2& Step R to R side, cross rock L behind R, recover weight to R.
- 3,4& Making a ¼ turn L step forward on L, step forward on R and make a ½ turn L.
- 5 Make a further ½ turn L stepping back on R whilst dragging L beside R.
- 6&7 Step back on L, close R beside L, step forward on L.
- 8& Run forward R, run forward L. **(Restart 2 during 6th wall – replace counts 8& with - cross unwind ¾ turn L to face 12 o'clock – then restart). (9 o'clock).

SIDE BACK ROCK, ¼ TURN R, ¼ TURN R, CROSS ROCK SIDE, CROSS, ROCK & CROSS.

- 1,2& Step R to R side, cross rock L behind R, recover weight to R.
- 3& Make a ¼ turn R stepping back on L, make a ¼ turn R stepping side on R.
- 4&5 Cross rock L over R, recover weight to R, step L to L side.
- 6 Cross R over L.
- 7&8 Rock L out to L side, recover weight to R, cross step L over R. (3 o'clock).

PRESS, RECOVER, BEHIND SIDE STEP, STEP ½ TURN STEP R, 1 ¼ TURN L, BACK ROCK.

- &1 Press R out to R side, recover weight to L.
- 2&3 Cross step R behind L, step L to L side, step forward on R.
- 4&5 Step forward on L, make a ½ turn R, step forward on L.
- 6&7 Make a ½ turn L stepping back on R, make a ½ turn L stepping forward on L, make a ¼ turn L stepping R to R side.
- 8& Cross rock L behind R, recover weight to R. (6 o'clock).

Restart 1: During 3rd wall facing 12 o'clock.

Dance up to and including count 8 on first section replace count & with touch L beside R – then restart.

Restart 2: During 6th wall to face 12 o'clock, then restart.

Dance up to and including count 7 on 2nd section then replace counts 8& with cross unwind a ¾ turn L to end facing 12 o'clock wall – then restart.

Ending: – if preferred, dance up to and including count 3 in 3rd section then replace counts &4 (1/4 turn R, cross L over R) with a ½ turn R, step L to L side - to finish facing the front wall.

Relax Luv Dee xx - and Lose yourself - Enjoy

