

Eight Days A Week

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: William Sevone (UK) - December 2009
音樂: Eight Days a Week - The Beatles : (Album: A Hard Days Night)



Dance sequence:- 64-64-32-64-32-64-30

Choreographers note:- A variation for section 4 is to use short walking steps for counts 27-29.

Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.

Dance starts on main vocals

2x Diagonal Scuff-Cross-Back-Side (12:00)

1 – 2 Scuff left diagonally right. Cross left over right
3 – 4 Step backward onto right. Step left to left side.
5 – 6 Scuff right diagonally left. Cross right over left.
7 – 8 Step backward onto left. Step right to right side.

4x Diagonal Scuff-Step (12:00)

9 – 10 Scuff left diagonally right. Step left diagonally right.
11 – 12 Scuff right diagonally left. Step right diagonally left.
13 – 14 Scuff left diagonally right. Step left diagonally right.
15 – 16 Scuff right diagonally left. Step right diagonally left.

Chasse Left. Rock Bwd. Recover. Chasse Right. Rock Bwd. Recover (12:00)

17 & 18 Step left to left, step right next to left, step left to left side.
19 – 20 Rock backward onto right. Recover onto left.
21 & 22 Step right to right, step left next to right, step right to right side.
23 – 24 Rock backward onto left. Recover onto right.

Fwd. 1/2 Pivot. Turn 1/4-1/2-1/4-1/2. Rock Bwd. Diagonal (12:00)

25 – 26 Step forward onto left. Pivot ½ right (weight on right) (6).
27 – 28 Turn ¼ right & step left to left side (9). Turn ½ right & step right to right side (3).
29 – 30 Turn ¼ right & step forward onto left (6). Turn ½ right & step backward onto right (12).
31 – 32 Rock backward onto left. Step right diagonally left.

RESTART: Wall 3 (facing 6:00) and Wall 4 (facing 3:00). Restart dance from count 1

2x Side Rock-Recover-Together-Double Clap (12:00)

33 – 36 Rock left to left. Recover onto right. Step left next to right. Clap twice (double time).
37 – 40 Rock right to right. Recover onto left. Step right next to left. Clap twice (double time).

2x Side Rock-Recover-Together-Double Clap (12:00)

41 – 44 Rock left to left. Recover onto right. Step left next to right. Clap twice (double time).
45 – 48 Rock right to right. Recover onto left. Step right next to left. Clap twice (double time).

Walk Bwd:L-R-L-R. 1/2 Fwd. 1/4 Side. 1/4 Rock Bwd. Recover (12:00)

49 – 52 Walk backwards: L-R-L-R (short steps).
53 – 54 Turn ½ left & step forward onto right (6). Turn ¼ left & step right to right side (3).
55 – 56 Turn ¼ left & rock backward onto left (12). Recover onto right.

1/4 Chasse Left. 3/4 Shuffle. Rock. Recover. 1/4 Side Rock. Recover (9:00)

57 & 58 Turn ¼ right & step left to left, step right next to left, step left to left side (3).
59 & 60 Turn ½ right & step right to right, step left next to right, turn ¼ right & step forward onto right (12).
61 – 62 Rock forward onto left. Recover onto right.

63 – 64 Turn $\frac{1}{4}$ left & rock left to left side (9). Recover onto right.

Dance Finish: Wall 5 (facing 'Home') on count 30.
