It's A Beautiful Day



編舞者: Monika Mickein (DE) - August 2012 音樂: Beautiful Sunday - Die Schneebrüder



Intro: 16 counts

| Step Touch wi | ith Clap R | L/L, Grapevine | e right with | Touch |
|---------------|------------|----------------|--------------|-------|
| | | | | |

| 1-2 | RF step side right, LF touch next to RF |
|-----|---|
| 3-4 | LF step side left, RF touch next to LF |
| 5-6 | RF step right, LF Cross behind RF |
| 7-8 | RF step right, LF touch next to RF |

Step Touch with Clap L/R, Grapevine left with Touch

| 1-2 | LF step side left, RF touch next to LF |
|-----|---|
| 3-4 | RF step side right, LF touch next to RF |
| 5-6 | LF step left, RF Cross behind LF |
| 7-8 | LF step left, RF touch next to LF |

PADDLE 2x with 1/4 TURN, Rocking Chair

| 1-2 | RF touch to right, whilst making 1/4 turn to left, hitch right knee |
|-----|--|
| 3-4 | RF touch to right, whilst making 1/4 turn to left, hitch right knee (6:00) |

5-6 RF Rock forward, Recover on LF7-8 RF Rock back, Recover on LF

Walk Forward R/L/R Kick, Walk Back L/R/L Touch

1-2 RF walk forward, LF walk forward3-4 RF walk forward, LF kick forward

(Note: While you doing the kick - you push both arms in the air!)

5-6 LF walk back, RF walk back7-8 LF walk back, RF touch next to LF

Start again and have FUN!