

# 30 Days

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Robbie McGowan Hickie (UK) - April 2013  
音樂: 30 Days - The Saturdays



## 32 Count intro

### **Cross Rock. Chasse Right. Cross. Side Step Right. Behind & Heel.**

- 1 – 2      Cross rock Right over Left. Rock back on Left.  
3&4      Step Right to Right side. Close Left beside Right. Step Right to Right side.  
5 – 6      Cross step Left over Right. Step Right to Right side.  
7&8      Cross Left behind Right. Step Right to Right side. Dig Left heel Diagonally forward Left.

### **&Cross. Hold. &Cross. 1/4 Turn Right. 1/4 Turn Chasse Right. Heel Grind 1/4 Turn Left.**

- &1 – 2      Step Left back to place. Cross step Right over Left. Hold.  
&3 – 4      Step Left to Left side. Cross step Right over Left. Make 1/4 turn Right stepping back on Left.  
5&6      Make 1/4 turn Right stepping Right to Right side. Close Left beside Right. Step Right to Right side.  
7 – 8      Dig Left heel across Right. Grind Left heel Left making 1/4 turn Left stepping back on Right.

### **Left Coaster Step. 2 x Walks Forward. Right Kick-Ball-Step Forward. Diagonal Rock Step.**

- 1&2      Step back on Left. Step Right beside Left. Step forward on Left. (Facing 3 o'clock)  
3 – 4      Walk forward on Right. Walk forward on Left.  
5&6      Kick Right forward. Step ball of Right beside Left. Step forward on Left.  
7 – 8      Rock Right Diagonally forward Right. Recover weight on Left turning to face Left Diagonal.

### **Cross. Back. Back. Cross. Back. Together. Right Shuffle Forward.**

- 1 – 2      Still on Left Diagonal...Cross step Right over Left. Step Left Diagonally back Left.  
3 – 4      Turn to Face Right Diagonal...Step Right Diagonally back Right. Cross step Left over Right.  
5 – 6      Straighten up to 3 o'clock stepping back on Right. Step Left beside Right. (Weight on Left)  
7&8      Right shuffle forward stepping Right. Left. Right. (Facing 3 o'clock)

### **Cross Rock. Chasse 1/4 Turn Left. 2 x 1/2 Turns Left. Step. Pivot 1/4 Turn Left.**

- 1 – 2      Cross rock Left over Right. Rock back on Right.  
3&4      Step Left to Left side. Close Right beside Left. Make 1/4 turn Left stepping forward on Left.  
5 – 6      Make 1/2 turn Left stepping back on Right. Make 1/2 turn Left stepping forward on Left.  
7 – 8      Step forward on Right. Pivot 1/4 turn Left. (Facing 9 o'clock)

### **Cross. Scuff. Ball-Step. Scuff. Step. Lock. Left Lock Step Forward.**

- 1 – 2      Turn to Face Left Diagonal...Cross step Right over Left. Scuff Left Diagonally forward Left.  
&3      Step ball of Left beside Right. Step Right Diagonally forward Left.  
4      Scuff Left Diagonally forward Left – Swinging around to Face Right Diagonal.  
5 – 6      Still on Right Diagonal...Step forward on Left. Lock step Right behind Left.  
7&8      Step forward on Left. Lock step Right behind Left. Straighten up to 9 o'clock stepping forward on Left.

### **Forward Rock. 1/4 Turn Right. Cross. 2 x 1/4 Turns Left. Right Cross Shuffle.**

- 1 – 2      Rock forward on Right. Rock back on Left.  
3 – 4      Make 1/4 turn Right stepping Right to Right side. Cross step Left over Right. (Facing 12 o'clock)  
5 – 6      Make 1/4 turn Left stepping back on Right. Make 1/4 turn Left stepping Left to Left side.  
7&8      Cross step Right over Left. Step Left to Left side. Cross step Right over Left. (Facing 6 o'clock)

**Left Side Rock. Behind & Cross. Walk Around Full Circle Turn Right.**

- 1 – 2                Rock Left out to Left side. Recover weight on Right.  
3&4                Cross Left behind Right. Step Right to Right side. Cross step Left over Right.  
5 – 8                Walk around in a Circle making Full Turn Right...Stepping Right. Left. Right. Left. (Facing 6 o'clock)

**Start Again**

**Note: Music is NOT Perfectly Phrased, but I Chose to Ignore any Tags or Restarts for the Dance ?**

**Ending: Music ends During Wall 6 ... Dance to Count 36 (Chasse 1/4 Turn Left) ... Then Add On ...  
(1) Step forward on Right. (2) Pivot 1/2 turn Left. (End Facing 12 o'clock)**

**Contact: [www.robbiemh.co.uk](http://www.robbiemh.co.uk)**

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