

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)**

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