

Thirty Days

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Mary E Richardson (SCO) - May 2013
音樂: 30 Days - The Saturdays



28 Count Intro

Section 1 - Full Rolling Vine – Touch – kick Ballchange – Back – Rock

1 2 Turn $\frac{1}{4}$ right stepping right forward, turn $\frac{1}{2}$ right stepping left back
3 4 turn $\frac{1}{4}$ right stepping right to right side, touch left beside right
5&6 Kick left forward, step left in place, step right in place
7 8 rock back on left, recover onto right.

Section 2 – Crossing Jazz Box – $\frac{1}{4}$ Turn - Chasse – Back Rock

1 2 cross left over right, turn $\frac{1}{4}$ left stepping right back
3 4 step left to left side, cross right over left
5&6 step left to left side, close right beside left, step left to left side
7 8 rock back on right, recover onto left

Section 3 – Forward - Touch – Back Lock Step – Full Turn – Forward lock Step

1 2 Step right forward, touch left beside right
3&4 step left back, lock right across left, step left back
5 6 turn $\frac{1}{2}$ right stepping right forward, turn $\frac{1}{2}$ right stepping left beside right (full turn travels back)

(alternate Counts for 5-6 Step right back, step left beside right)

7&8 step right forward, lock left behind right, step right forward

Section 4 – Walk Forward x2 – Sailor Step – Cross Point – Cross Samba

1 2 Walk left forward, walk right forward,
3&4 cross left behind right, step right to right side, step left in place
5 6 cross right over left, point left to left side
7&8 cross left over right, rock right to right side, recover onto left.

Section 5 – Monterey $\frac{1}{4}$ Turn x2

1 2 Touch right to right side, step right beside left making $\frac{1}{4}$ turn right
3 4 touch left to left side, step left beside right
5 6 touch right to right side, step right beside left making $\frac{1}{4}$ turn right
7 8 touch left to left side, step left beside right

Section 6 – Side, Together, Chasse – Cross Rock – Chasse

1 2 step right to right side, step left beside right
3&4 step right to right side, close left beside right, step right to right side
5 6 cross rock left over right, recover onto right
7&8 step left to left side, close right beside left, step left to left side

Section 7 – Back Rock – Shuffle Forward – Forward Rock – Coaster Step

1 2 Rock back on right, recover onto left
3&4 shuffle forward, right, left, right
5 6 Rock forward on left, recover onto right
7&8 Step back on left, step right next to left, rock forward on left

Section 8 – Step – Pivot $\frac{1}{2}$ – Side – Drag – Rock Forward – Coaster Step

1 2 Step forward on right, Pivot $\frac{1}{2}$ turn left

3 4 Take a big step forward on right, slide left beside right
5 6 rock forward on left, recover onto right
7&8 step back on left, step right beside left, step forward on left
