Beautiful Day

拍數: 32

級數: Improver

編舞者: Lynn Sawyer (UK) - July 2013

音樂: It's a Beautiful Day - Michael Bublé

Side Behind, Heel Ball Cross, Rock Recover Cross, Clap

- 1.2.3&4 Step right to right side, step left behind right, touch right heel forward step on right, cross left in front of right
- Rock right to right side, recover onto left, cross right in front of left, clap twice 5,6,7&8

Half Hinge Turn, Cross Struts, Coaster Step

- Step left to side making 1/4 turn right, step right to right side making 1/4 right, cross left in front 1,2,3,4 of right touching left toe then dropping the heel,
- 5.6.7.8 touch right toe to right side then drop heel, step left back, right to it, left forward

Restart here on Wall 3

Cross Side Point, Cross Together, Swivels

- 1,2,3,4 Step right over left, step left to left side, step right behind left, point left to left side
- 5,6,7,8 Cross left foot over right, step right next to left, take weight on balls of the feet and twist heels to the right, take weight onto heels twist toes to the right

Restart here on Wall 6

Monterey Turns X2

- 1,2,3,4 Touch R toe to R side on count 1, turn 1/2 turn over R shoulder bringing R ft. next to left on count 2, touch L toe to L side on count 3 and bring L ft. in to centre and step on it on count 4 (wt ends on L).
- 5,6,7,8 repeat counts 1-4

TAG: 32 Counts After Wall 2 And 7

- Step right forward diagonally, touch left to right, step left back diagonally, tap right beside left, 1-8 step right back diagonally, touch left next to right, step left forward diagonally scuff right
- 9-16 rock forward onto right, recover onto left right coaster step. Cross left over right unwind half turn to the right, right coaster step
- 17-32 Repeat the last 16 counts leading with the left foot

Restarts:-Wall 3 after 16 counts Wall 6 after 24 counts

Contact: Submitted By - j.carstairs1@btinternet.com





牆數:2