Make It Through Another Day



拍数: 32 墙数: 4 级数: Intermediate

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音乐: Another Day - Buckshot LeFonque



Intro: 32 counts

Restarts in wall 3 and wall 7 after count 16

S1: Ball/Step	Step forward	Cross Heel (Grind Side	Side Cross	Sween Cro	ss, 1/4 Turn L(2x)
OI. Dail/Olop,	Oled Idiwald.	OLOGO LICCI V	Jilila, Olac,	Olue. Oluss.	OWCCD. CIO	33. I/T I UIII LI <i>L</i> A/

&1-2 Lf step together(&), RF step forward, LF step forward

3&4 RF cross heel in front of LF (toes turned in), RF swivel toes right whilst taking step to left with

LF (&), RF step right

5 LF cross in front of RF sweeping RF from back to front

6&7 RF cross in front of LF, make 1/4 turn right stepping LF back (&), make 1/4 right during

(06.00)

8 LF cross in front of RF

S2: Press/Recover, Sailor Step With 1/4 Turn L, Ball/ Lock Behind, Unwind Full Turn L

1-2 RF press on ball of foot on right diagonal (7.30), recover onto LF

3&4 RF cross behind LF, make 1/4 turn left stepping LF forward (&), RF step forward (03.00)

&5 LF step forward(&), RF lock behind LF

6-7-8 unwind slowly full turn left (weight ends on LF) (03.00) (*restart the dance here in wall 3 and 7, but then end with weight on RF)

S3: Ball/Touches (2x) With 1/4 Turn L, Ball/ Point, Ball/Step, Step Forward L/R, 1/8 Turn R, Ball/Cross, 1/8 Turn L, Forward L

&1	RF sten	diagonal	hack right(&)	LF touch together
Q I	IN SICP	diagoniai	Dack Halled,	Li todon togotino

&2 make 1/4 turn left (12.00) stepping LF diagonal back left (&), RF touch together

&3 RF step back (&), LF touch forward &4 LF step together (&), RF step forward 5-6 LF step forward , RF step forward

&7 make 1/8 turn right (01.30) stepping LF left (&), RF cross in front of LF

8 make 1/8 turn left (12.00) stepping LF forward

S4: 1/2 Turn L With Sweep, Syncopated Sailor Steps Travelling Forward, Hip Bump With 1/2 Turn L, Sailor Step With Heel Touch With 1/4 Turn L

1	make 1/2 turn left stepping RF back and sweeping LF from front to back (06.00)
2&3	LF cross behind RF, RF step forward diagonal right(&), LF step forward diagonal left

&4 RF cross behind LF (&), LF step forward

5-6 RF touch toes forward and bump right hip forward, make 1/2 turn left stepping RF down

(12.00)

7&8 LF cross behind RF, make 1/4 turn left stepping RF forward (09.00)(&), LF touch heel forward