

A Day In Your Life

COPPER KNOB
STEPSHEETS

拍数: 60 墙数: 2 级数: Intermediate
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音乐: One Day In Your Life - Anastacia



STEP, POINT, STEP SCUFF, LEFT JAZZ BOX, CHASSE LEFT

- 1-2 Step forward on left, point right toe out to right side
- 3-4 Cross right over left, scuff left forward
- 5-6 Cross left over right, step back on left
- 7&8 Step left to side, bring right to left, step left to side

TOUCH FORWARD, TOUCH SIDE, ½ TURN SAILOR (TWICE)

- 9-10 Touch right toe forward, touch right toe to right side
- 11&12 Right sailor step making ½ turn right
- 13-14 Touch left toe forward, touch left toe to left side
- 15&16 Left sailor step making ½ turn left (now facing 12:00)

STEP TOUCHES, DOROTHY STEPS RIGHT AND LEFT

- 17-18 Step right diagonally forward right, touch left next to right (click fingers)
- 19-20 Step left diagonally back left, touch right next to left (click fingers)
- 21-22& Step right diagonally forward right, lock left behind right, step right diagonally forward right
- 23-24& Step left diagonally forward left, lock right behind left, step left diagonally forward left

STEP TOUCHES, DOROTHY STEPS RIGHT AND LEFT

- 25-26 Step right diagonally forward right, touch left next to right (click fingers)
- 27-28 Step left diagonally back left, touch right next to left (click fingers)
- 29-30& Step right diagonally forward right, lock left behind right, step right diagonally forward right
- 31-32& Step left diagonally forward left, lock right behind left, step left diagonally forward left

STEP ½ TURN LEFT, RIGHT SHUFFLE, FULL TURN RIGHT, LEFT SHUFFLE

- 33-34 Step forward on right, pivot ½ turn left (weight now left)
- 35&36 Step forward on right, close left to right, step forward on right
- 37-38 Stepping forward left, right making a full turn right (make a full turn during 37-38)
- 39&40 Step forward on left, close right to left, step forward on left (now facing 6:00)

HEEL, TOE, BALL CHANGE BACK, HEEL, TOE, BALL CHANGE FORWARD

- 41-42 Touch right heel forward, touch right toe back
 - &43-44 Step back on the ball of right, step left next to right, touch right slightly back
 - 45-46 Touch right heel forward, touch right toe back
 - &47-48 Step forward on ball of right, step left next to right, touch right heel slightly forward
- On steps &43 you will be traveling backwards. On steps &47 you will be traveling forward**

& STEP, STEP ½ TURN LEFT, STEP, FULL TURN RIGHT, STEP, HOLD

- &49-50 Step slightly back on right, step forward on left, step forward on right
- 51-52 Pivot ½ turn left (weight on left), step forward on right
- 53-54 Stepping forward left, right making a full turn right (make a full turn during 53-54)
- 55-56 Step forward on left, hold

PIVOT ½ TURN LEFT, HOLD

- 57-58 Step forward on right, pivot ½ turn left (weight on left)
- 59-60 Step forward on right, hold (now facing 6:00)

REPEAT
