拍数： 60
壇数： 2
级数：Intermediate
编舞者：Mark Caley（UK）\＆Jan Caley（UK）
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 $1 / 2$ turn right
13－14 Touch left toe forward，touch left toe to left side
15\＆16 Left sailor step making $1 / 2$ 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 $1 ⁄ 2$ TURN LEFT，RIGHT SHUFFLE，FULL TURN RIGHT，LEFT SHUFFLE
33－34 Step forward on right，pivot $1 / 2$ 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 $1 / 2$ 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 $1 ⁄ 2$ TURN LEFT，HOLD
57－58 Step forward on right，pivot $1 / 2$ turn left（weight on left）
59－60 Step forward on right，hold（now facing 6：00）

