

Day One

拍数: 48 墙数: 2 级数: Improver
编舞者: Shanon Dickson (AUS)
音乐: What a Beautiful Day - Chris Cagle



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|------|---|
| 1&2 | Rock left to side, recover to right, cross left over right |
| 3-4 | Step right back, turn ½ left and step left forward |
| 5&6 | Step right forward, turn ½ left, step right forward |
| 7-8 | Step left to side, turn ½ right and step right to side |
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| 1&2 | Cross left over right, step right to side, cross left over right |
| 3-4 | Rock right to side, recover to left |
| 5&6 | Cross right behind left, turn ¼ left and step left forward, step right forward |
| 7-8 | Rock left forward, recover to right |
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| 1&2 | Rock left behind right, recover to right, step left to side |
| 3-4 | Touch right toe back, turn ½ right (weight to right) |
| 5&6 | Turn ¼ right and step left back, turn ½ right and step right forward, step left forward |
| 7-8 | Cross/rock right over left, recover to left |
| | |
| 1&2 | Step right to side, step left together, step right to side |
| 3&4 | Kick left OVER right, step left to side, cross right over left |
| 5-6 | Unwind ½ left (weight to right), step left forward |
| 7&8 | Cross right behind left, step left to side, step right to side |
| | |
| 1-2 | Step left forward, turn ¼ right (weight to right) |
| 3&4 | Rock left forward, recover to right, turn ½ left and step left forward |
| 5&6 | Step right forward, turn ¼ left (weight to left), cross right over left |
| 7&8 | Step left to side and bump hips left, bump hips right, bump hips left |
| | |
| 1-2 | Rock right forward, recover to left |
| &3-4 | Step right together, rock left back, recover to right |
| 5-6 | Rock left to side, recover to right |
| &7-8 | Step left together, touch right toe to side, step right together |

REPEAT

On the 3rd and 6th repetition, dance only the first 16 counts (replacing counts 7-8) with the following:

- 7-8 Step left forward, turn ¼ right (weight to right)

Then restart the dance in the new direction