Make This Day (zh)

拍數: 64 **牆數:** 4 **級數:** Improver

編舞者: Rachael McEnaney (USA) - 2011年03月

音樂: Make This Day - Zac Brown Band : (CD: You Get What You Give)

前奏： Count In: 32 counts from start of track – dance begins on vocals “passed out last night….”

第一段 Touch R Out In, R Heel Hook, R Lock Step Fwd.

1-4 Touch right toe out to right side (1), touch right toe next to left (2), touch right heel forward (3), hook right heel in front of left shin (4) 12.00
右足趾右點, 右足併點, 右足踵前點, 右足踵於左小腿前勾(12點鐘)

5-8 Step forward on right (1), step left next to & slightly behind right (2), step forward on right (3), hold (4) 12.00
右足前踏, 左足於右足後踏, 右足前踏, 候(12點鐘)

第二段 Touch L Out In, L Heel Hook, Step Fwd L, Touch R, Step Back R, Kick L

1-4 Touch left toe out to left side (1), touch left toe next to right (2), touch left heel forward (3), hook left heel in front of right shin (4) 12.00
左足趾左點, 左足併點, 左足踵前點, 左足踵於右小腿前勾(12點鐘)

5-8 Step forward on left (5), touch right toe next to left (6), step back on right (7), kick left foot forward (8) 12.00
左足前踏, 右足併點, 右足後踏, 左足前踢(12點鐘)

第三段 L Coaster Step, Step Fwd R, ¼ Pivot Turn L, Cross R

1-4 Step back on left (1), step right next to left (2), step forward on left (3), hold (4) 12.00
左足後踏, 右足併踏, 左足前踏, 候(12點鐘)

5-8 Step forward on right (5), pivot ¼ turn left (6), cross right over left (7), hold (8) 9.00
右足前踏, 左軸轉90度, 右足於左足前交叉踏, 候(9點鐘)

R 1:
Restart happens here ON 3rd wall – after you make ¼ pivot on count 6 – instead of crossing right over you will touch right toe next to left ready to start again – you will be facing 3.00 when you restart. 3.00
第三面牆, 跳到第6拍左軸轉90度後, 第7拍改右足併點後, 面向3點鐘從頭起跳

第四段 Step L, Touch R In Out In, Step R Touch L, Step L Touch R With Claps

1-4 Step left to left side (1), touch right toe next to left (2), touch right toe out to right side (3), touch right toe next to left (4) 9.00
左足左踏, 右足併點, 右足右點, 右足併點(9點鐘)

5-8 Step right to right side (5), touch left next to right and clap hands (6), step left to left side (7), touch right next to left and clap hands (8) 9.00
右足右踏, 左足併點(拍手), 左足左踏, 右足併點(拍手)(9點鐘)

R 2:
Restart happens here at END of 8th wall. 8th wall begins facing 3.00 – when you finish the above 8 counts you will be facing 12.00 to restart. 12.00
面向3點鐘開始第八面牆, 跳至此會面向12點鐘, 從頭起跳

第五段 Side Shuffle With ¼ Turn R, Step Fwd L, ½ Pivot R, Step Fwd L.

1-4 Step right to right side (1), step left next to right (2), make ¼ turn right stepping forward on right (3), hold (4) 12.00
右足右踏, 左足併踏, 右轉90度右足前踏, 候(12點鐘)

5-8 Step forward on left (5), pivot ½ turn right (6), step forward on left (7), hold (8) 6.00
左足前踏, 右軸轉180度, 左足前踏, 候(6點鐘)

第六段 Full Turn L Travelling Fwd Stepping RLR, L Fwd Rock, L Back – R Together (Half A Coaster Step)

1-4 Make ½ turn left stepping back on right (1), make ½ turn left stepping forward on left (2), step forward on right (3), hold (4)
左轉180度右足後踏, 左轉180度左足前踏, 右足前踏, 候

Easy option: Walk forward on right (1), walk forward on left (2), walk forward on right (3), hold (4) 6.00
簡易版：右足前走, 左足前走, 右足前走, 候(6點鐘)

5-8 Rock forward on left (5), recover weight onto right (6), step back on left (7), step right next to left (8) 6.00
左足前下沉, 右足回復, 左足後踏, 右足併踏(6點鐘)

第七段 L Toe Strut, R Toe Strut, Step Fwd L, ¼ Pivot R, Cross L.

1-4 Touch ball of left foot forward (1), drop left heel to floor taking weight (2), touch ball of right foot forward (3), drop right heel to floor taking weight (4) 6.00
左足趾前點, 左足踵踏, 右足趾前點, 右足踵踏(6點鐘)

5-8 Step forward on left (5), pivot ¼ turn right (6), cross left over right (7), hold (8) 9.00
左足前踏, 右軸轉90度, 左足於右足前交叉踏, 候(9點鐘)

第八段 Long Weave To R: R Side, L Behind, R Side, L In Front, R Side, L Behind, R Side, L Together.

1-4 Step right to right side (1), cross left behind right (2), step right to right side (3), cross left in front of right (4) 9.00
右足右踏, 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏(9點鐘)

5-8 Step right to right side (5), cross left behind right (6), step right to right side (7), step left next to right (8) 9.00
右足右踏, 左足於右後交叉踏, 右足右踏, 左足併踏(9點鐘)

ENDING:
Dance ends facing front on section 49-56 – make the ¼ turn on count 6 – then as you cross L over – spread arms out to side.
結束時跳至第七段面向前面牆, 雙手張開做結束