

拍數: 32 牆數: 4

級數: Improver

編舞者: Betty Lee (CAN) & Peter Davenport (ES) - August 2020

音樂: Lord, I Hope This Day Is Good (feat. Alan Jackson) - Caylee Hammack



- S1: Walk Forward R.L, Modified Rocking Chair, Pivot 1/2 L, Shuffle 1/2
- 1.2 Walk forward R, Walk forward L 12
- 3&4& Rock forward on R, Recover on L, Rock back on R, Recover on L 12
- 5.6 Step forward R, Pivot 1/2 L (weight on L) 6
- 7&8 Shuffle 1/2 L 12

S2: Rock Back, Modified Rocking Chair, Side Rock Cross, Side Rock 1/4

- 1.2 Rock back on L, Recover on R 12
- 3&4& Rock forward on L, Recover on R, Rock back on L, Recover on R 12
- 5&6 Rock L out to L, Recover on R, Cross L over R 12
- 7&8 Rock R out to R, Recover L 1/4 L, Step R forward (rock turn step) 9

S3: Forward Tap, Back Kick, Back Tap, Forward Scuff, L Shuffle, Step 1/4

- 1&2& Step forward L (1) Tap R behind L (&) Step back on R (2) Kick L forward (&)
- 3&4& Step back on L (3) Tap R in front of L (&) Step forward R (4) Scuff L (&) 9
- 5&6 Shuffle forward L.R.L 9
- 7&8 Step forward R, Pivot 1/4 L (weight on L) Cross R over L 6

S4: 1/4 1/4 Cross, Side Shuffle, Modified Sailor 1/4 L Wizard Step

- 1&2 1/4 R step back on L, 1/4 R step R to R, Cross L over R 12
- 3&4 Side shuffle Step R to R, Bring L to R, Step R to R 12
- 5&6& Sweep L 1/4 step L (5) Step R (&) Step L to L (6) Lock R behind L (&) 9
- 7&8 Step L diagonally L (7) Step R diagonally R (&) Lock L behind R (8) 9
- NB:- (as you will know, the Wizard step is done angling your body from L to R & danced travelling forward)

PS, No Tag's & No Restarts To Remember Either, You Are Very Welcome Too.

So:- Lots and lots of people to thank for supporting the dance with Demo's or Teaches, Hope, I have got this right, BM Leong, Tina Chen, Nina Chen, Ping Chen, Penny Tan, Wenarika Josehine, Carol Thorpe (Lion Dancer) Elisabeth Elkuch-Heid, Molly Yeoh, & Betty of cause.

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