My Lucky Day



拍數: 48 編數: 4 級數: High Beginner

編舞者: Susan Reynolds (USA) - July 2024 音樂: I Feel Lucky - Mary Chapin Carpenter



*1 Restart

Intro 4 - 8 counts

HEEL SWITCHES, HEEL-HITCH-HEEL-HEEL

1-2 R heel touch forward, R step in place3-4 L heel touch forward, L step in place

5-8 R heel touch forward, R heel hitches over L shin, R heel touch forward, hold

VINE CROSS, HEEL-HITCH-HEEL-HEEL

Vine R: R steps to side, L steps behind, R steps to side, L crosses in front
 R heel touch forward, R heel hitches over L shin, R heel touch forward, hold

RESTART here on Wall 5 facing 12:00 after 16 counts

SHUFFLE, ROCK RECOVER, SHUFFLE 1/2 TURN LEFT, KICK-BALL-CHANGE

1&2 Step R forward, Step L forward beside R, Step R forward

3-4 L Rock forward, Recover on R 5&6 Step L as ½ turn to L (LRL)

7&8 R Kick forward, R Step back slightly on ball of foot, L Step in place

ROCKING CHAIR, 1/2 TURN, FORWARD ROCK

1-4 R Rocks forward, Recover on L, R Rocks backward, Recover on L

5-6 R Steps forward as turn ½ turn L (Weight returns to L)

7-8 R Rocks forward, Recover on L

SIDE ROCK, CROSS SHUFFLE, SIDE ROCK, COASTER

1-2 R Rocks to side, Recover on L

3&4 R crosses over L, L Steps behind R, R Steps to side in crossed position

5-6 L Rocks to side, Recover on R

7&8 L Steps back, R Steps back beside L, L Steps forward

1/4 TURN 3X, KICK BALL CHANGE

1-2 R Steps forward as turn ¼ L (Weight end on L)
3-4 R Steps forward as turn ¼ L (Weight end on L)
5-6 R Steps forward as turn ¼ L (Weight end on L)

7&8 R Kick forward, R Step back slightly on ball of foot, L Step in place

RESTART on Wall 5 facing 12:00 after 16 counts

Contact: shreynolds203@gmail.com

Look at other Sunny & Sue vidoes on YouTube at susanreynolds@susanreynoldslinedances