1 Day (3,2,1)

拍數: 32

級數: Improver

編舞者: Laura Miller (USA) - March 2025

音樂: 3,2,1 - Tucker Wetmore

** 2 Restarts Intro 16 counts

SIDE, BEHIND, ¼ TURN, ½ TURN, STEP, ½ TURN, COASTER STEP

- 1,2& Step RF to R (1), Cross LF behind RF (2), ¼ turn over R shoulder stepping RF forward (3:00)
- 3-4 Step LF forward (3), ¹/₂ turn over R shoulder stepping RF forward (9:00)
- 5-6 Step LF forward (5), ¹/₂ turn over L shoulder stepping RF back (3:00)
- 7&8 Step LF back (7), Step RF back next to LF (&), Step LF forward (8)

WIZARD STEP, HEEL, STEP, ROCK, ¼ TURN, TOE & HEEL SWIVEL

- 1,2& Step RF to R diagonal (1), Lock LF behind RF (2), Step RF to R (&)
- 3&4 Touch L heel forward (3), Place LF next to RF (&), Step RF forward (4)
- 5-6 Rock L forward (5), Recover onto R (6)

7&8 ¹/₄ turn over L shoulder stepping LF to L (7), move toes inward (&), move heels inward (8) (12:00)

*restart here after 16 counts on wall 3 and wall 6

ROCK, BEHIND, SIDE, CROSS, TOE, HEEL, PLACE, TURNING SCISSOR STEP

- 1-2 Rock RF to R (1), Recover weight on LF (2)
- 3&4 Cross RF behind LF (3), Step LF to L (&), Cross RF in front of LF (4)
- 5&6 Tap L toe (5), Scuff L heel (&), ¼ turn over L shoulder stepping LF forward (6) (9:00)
- 7&8 ¹/₄ turn over L shoulder stepping RF to R (7), Step LF next to RF (&), Cross RF in front of LF (8) (6:00)

3⁄4 TURN, SHUFFLE FORWARD, ROCK, SWEEP, SWEEP

- 1-2 ¹/₄ turn over R shoulder stepping LF back (1), ¹/₂ turn over R shoulder stepping RF forward (3:00)
- 3&4 Step LF forward (3), Close RF next to LF (&), Step LF forward (4)
- 5-6 Rock RF forward (5), Replace weight on LF (6)
- 7-8 Sweep RF back and around to the R, placing weight on RF (7), Sweep LF back and around to the L, placing weight on LF (8)

Thank you for dancing my choreography! Contact info: millerla98@gmail.com Facebook: Sunset Coast Country Dancers Instagram: sunset_coast_country_dancers





牆數:4