

Heavenly Day (CBA 2019)

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Count: 32 **Wall:** 2 **Level:** Intermediate Rolling Count

Choreographer: Alison Johnstone (Nuline) & Joshua Talbot (Aus) January 2019

Music: Heavenly Day - Patty Griffin - Children Running Through - iTunes

Start: 16 counts/on lyrics

(S1: 1-8) FWD SWEEP, CROSS, ¼ STEP (a), SIDE ROCK, RECOVER ¼, ¼ TOGETHER (a), SIDE, ¼ SIDE, ¼ SIDE, CROSS, SIDE (a) (3.00)

1, 2aStep L fwd sweeping R, cross R over L, ¼ R stepping L slightly back (a) (3.00)

3, 4aRock R to R, ¼ L recovering weight L, ¼ R step R together (a) (9.00)

5, 6,L step L to L dragging R towards L, ¼ L step R to R dragging L towards R (6.00)

7, 8a¼ L step L to L dragging R towards L, cross R over L, step L to L (a) (3.00)

(S2: 9-16) BEHIND SWEEP, BEHIND, ¼ FWD (a), FWD, FWD, TOGETHER (a), BACK SWEEP, BEHIND, 1/8 SIDE (a), CROSS, RECOVER, 1/8 SIDE (&), 1/8 FWD (a) (4.30)

1, 2aStep R behind L sweeping L, Step L behind R, ¼ R step R fwd (a) (6.00)

3, 4aStep L fwd, step R fwd, step L together (a)

5, 6aStep R back sweeping L, L behind R, step R 1/8 to R (a) (7.30)

7, 8&aCross rock L over R, recover weight R, step L 1/8 to L (&) (6.00), 1/8 turn L stepping R fwd (a) (4.30)

(S3: 17-24) PIVOT ½, FWD, ¾ TRIPLE (4&a), LUNGE, RECOVER, BACK, COASTER STEP (8&a) (1.30)

1, 2, 3 Step L fwd, ½ R taking weight R, step fwd on L (10.30)

4&a 3/8 L stepping R back (6.00), 3/8 L stepping L fwd (&) (1.30), step R fwd (a)

5, 6, 7 Lunge L fwd, recover weight R, step L back dragging R towards L

8&aStep R back, step L together (&), step R slightly fwd (a)

(S4: 25-32) FWD, $\frac{3}{4}$ WALK AROUND, $\frac{1}{8}$ TOGETHER (a) (3.00), SIDE ROCK, RECOVER, TOGETHER (a), SIDE ROCK, 1 $\frac{1}{4}$ TRIPLE (8&a) (6.00)

1, 2 Step L fwd, $\frac{1}{4}$ L step R fwd

3, 4a $\frac{1}{4}$ L step L fwd, $\frac{1}{4}$ L step R fwd, $\frac{1}{8}$ L step L together (a) (3.00)

5, 6a Rock R to R, Recover weight L, step R together (a),

7, 8&a Rock L to L, recover weight R making $\frac{1}{4}$ R, $\frac{1}{2}$ R step L slightly back, $\frac{1}{2}$ R step R together/slightly fwd (a) (6.00)

Styling Tips: S4 Counts 2,3,4- Drag your foot into each step fwd keeping it close to the opposite leg

S4 Counts 8&a are small steps almost on the spot travelling slightly with a big step on 1 to start again

Non Turning Option: S4 Counts 8&a Turn $\frac{1}{4}$ on count 8 to face 6.00, take out the full spin and step slightly fwd L (&),

Step R together (a)

START AGAIN

ENDING: Wall 7 (starts facing front) Dance to count 16 (Cross rock, Recover).

Then add a $\frac{3}{8}$ L step L fwd (a) (3.00), $\frac{1}{4}$ L step R to R drag L together (count 1) (12.00)

We hope you enjoy our dance

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