

DAY ONE

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Count: 48

Wall: 2

Level: beginner/intermediate

Choreographer: Shanon Dickson

Music: What A Beautiful Day by Chris Cagle

- 1&2** Rock left to side, recover to right, cross left over right
- 3-4** Step right back, turn $\frac{1}{2}$ left and step left forward
- 5&6** Step right forward, turn $\frac{1}{2}$ left, step right forward
- 7-8** Step left to side, turn $\frac{1}{2}$ right and step right to side
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- 1&2** Cross left over right, step right to side, cross left over right
- 3-4** Rock right to side, recover to left
- 5&6** Cross right behind left, turn $\frac{1}{4}$ left and step left forward, step right forward
- 7-8** Rock left forward, recover to right
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- 1&2** Rock left behind right, recover to right, step left to side
- 3-4** Touch right toe back, turn $\frac{1}{2}$ right (weight to right)
- 5&6** Turn $\frac{1}{4}$ right and step left back, turn $\frac{1}{2}$ right and step right forward, step left forward
- 7-8** Cross/rock right over left, recover to left
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- 1&2** Step right to side, step left together, step right to side
- 3&4** Kick left OVER right, step left to side, cross right over left
- 5-6** Unwind $\frac{1}{2}$ left (weight to right), step left forward
- 7&8** Cross right behind left, step left to side, step right to side
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- 1-2** Step left forward, turn $\frac{1}{4}$ right (weight to right)
- 3&4** Rock left forward, recover to right, turn $\frac{1}{2}$ left and step left forward

- 5&6** Step right forward, turn $\frac{1}{4}$ left (weight to left), cross right over left
- 7&8** Step left to side and bump hips left, bump hips right, bump hips left
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- 1-2** Rock right forward, recover to left
- &3-4** Step right together, rock left back, recover to right
- 5-6** Rock left to side, recover to right
- &7-8** Step left together, touch right toe to side, step right together

REPEAT

On the 3rd and 6th repetition, dance only the first 16 counts (replacing counts 7-8) with the following:

- 7-8** Step left forward, turn $\frac{1}{4}$ right (weight to right)

Then restart the dance in the new direction