A Perfect Day (zh)

Count: 48 **Wall:** 2 **Level:** Intermediate
Choreographer: Simon Ward (AUS) - 2010年11月
Music: Stay the Night - James Blunt : (CD: Some Kind Of Trouble)

前奏： Dance starts after 32 count intro

第一段	**Side, Together, ¼ Turn, Step Fwd, ½ Pivot Turn, Step Fwd, Lock/Step, Fwd, ¼ Pivot, Cross/Step**
1&2	Step right to right side, Step left beside right, Step right to right side turning ¼ turn right 右足右踏, 左足併踏, 右足右踏右轉90度
3&4	Step left forward, Pivot ½ turn right taking weight onto right, Step left forward 左足前踏, 右軸轉180度重心在右足, 左足前踏
5&6	Step right forward, Lock/step left behind right, Step right forward 右足前踏, 左足於右足後鎖踏, 右足前踏
7&8	Step left forward, Pivot ¼ turn right taking weight onto right, Cross/step left over right 左足前踏, 右軸轉90度重心在右足, 左足於右足前交叉踏
第二段	**¼ Right, ¼ Right, Weave Left, Side, Together, Forward, Side, Together, Back**
1-2	Step right to right side turning ¼ turn right, Step left forward turning ¼ turn right 右足右踏右轉90度, 左足前踏右轉90度
3&4	Step right behind left, Step left to left side, Cross/step right over left 右足於左足後踏, 左足左踏, 右足於左足前交叉踏
5&6	Step left to left side, Step right beside left, Step left forward 左足左踏, 右足併踏, 左足前踏
7&8	Step right to right side, Step left beside right, Step back on right 右足右踏, 左足併踏, 右足後踏
第三段	**Walk Around, Triple Step Run, Walk, Walk, Rock Fwd, Back ½ Turn, Step Fwd**
1-2	Step left back turning 3/8 turn left, Turn a further ¼ turn left stepping forward on right 左足後踏左135度, 左轉90度右足前踏
3&4	Run left, right, left turning a further ½ turn left 三個跑步左轉180度-左, 右, 左
5-6	Walk forward right, Walk forward left 右足前走, 左足前走
7&8	Rock/step right forward, Rock/recover left back turning ½ turn right, Step slightly forward on right 右足前下沉, 左足回復右轉180度, 右足略前踏
第四段	**Walk, Walk, Rock Fwd, Back ½ Turn, Step Fwd, 1/8 Turn, Weave, Cross/Step**
1-2	Walk forward left, Walk forward right 左足前走, 右足前走
3&4	Rock/step left forward, Rock/recover right back turning ½ turn left, Step slight forward on left 左足前下沉, 右足回復左轉180度, 左足略前踏
5	Step right forward turning 1/8 left 右足前踏左轉45度
6&7	Step left behind right, Step right to right side, Cross/step left over right 左足於右足後踏, 右足右踏, 左足於右足前交叉踏
8	Cross/step right over left 右足於左足前交叉踏
第五段	**Side, Weave, Cross/Step, ¼ Turn, ½ Turn, Step Fwd, Pivot ½ Turn, Step Fwd**
1	Step left to left side 左足左踏
2&3	Step right behind left, Step left to left side, Cross/step right over left 右足於左足後踏, 左足左踏, 右足於左足前交叉踏
4	Cross/step left over right 左足於右足前交叉踏
5-6	Step right to right side turning ¼ turn left, Step left back turning ½ turn left 右足右踏左轉90度, 左足後踏左轉180度

7&8 Step right forward, Pivot ½ turn left taking weight onto left, Step right forward 右足前踏, 左軸轉180度重心在左足, 右足前踏

第六段 Walk, Walk, Step Fwd, Pivot ½ Turn, Fwd, Step Fwd, Touch, Point, Touch, Fwd, Touch, Point, Touch

1-2 Walk forward left, Walk forward right 左足前走, 右足前走

3&4 Step left forward, Pivot ½ turn right taking weight onto right, Step left forward 左足前踏, 右軸轉180度重心在右足, 左足前踏

5&6& Step right forward, Touch left beside right, Point left toe to left side, Touch left beside right
右足前踏, 左足併點, 左足趾左點, 左足併點

7&8& Step left forward, Touch right beside left, Point right to right side, Touch right beside left
左足前踏, 右足併點, 右足右點, 右足併點

Finish dance facing front on count 1, stomp right to right side.
結束時面向前面, 剛好是第1拍, 右足右重踏
