

Make This Day



Count: 64

Wall: 4

Level: Improver

Choreographer: Rachael McEnaney (UK) March 2011

Music: "Make This Day" – Zac Brown Band. Album: You Get What You Give (Approx 182bpm)

Count In: 32 counts from start of track – dance begins on vocals "passed out last night...."

Notes: There are 2 restarts in this dance occurring on 3rd wall and 8th wall.

A special thanks to Nicola Lafferty for suggesting this music.

[1 – 8] Touch R out in, R heel hook, R lock step fwd.

1, 2, 3, 4 Touch right toe out to right side (1), touch right toe next to left (2), touch right heel forward (3), hook right heel in front of left shin (4) 12.00

5, 6, 7, 8 Step forward on right (1), step left next to & slightly behind right (2), step forward on right (3), hold (4) 12.00

[9 – 16] Touch L out in, L heel hook, step fwd L, touch R, step back R, kick L

1, 2, 3, 4 Touch left toe out to left side (1), touch left toe next to right (2), touch left heel forward (3), hook left heel in front of right shin (4) 12.00

5, 6, 7, 8 Step forward on left (5), touch right toe next to left (6), step back on right (7), kick left foot forward (8) 12.00

[17 – 24] L coaster step, step fwd R, ¼ pivot turn L, cross R

1, 2, 3, 4 Step back on left (1), step right next to left (2), step forward on left (3), hold (4) 12.00

5, 6, 7, 8 Step forward on right (5), pivot ¼ turn left (6), cross right over left (7), hold (8) 9.00

RESTART 1:

Restart happens here on 3rd wall – after you make ¼ pivot on count 6 – instead of crossing right over you will touch right toe next to left ready to start again – you will be facing 3.00 when you restart. 3.00

[25 – 32] Step L, touch R in out in, step R touch L, step L touch R with claps

1, 2, 3, 4 Step left to left side (1), touch right toe next to left (2), touch right toe out to right side (3), touch right toe next to left (4) 9.00

5, 6, 7, 8 Step right to right side (5), touch left next to right and clap hands (6), step left to left side (7), touch right next to left and clap hands (8) 9.00

RESTART 2:

Restart happens here at end of 8th wall. 8th wall begins facing 3.00 – when you finish the above 8 counts you will be facing 12.00 to restart. 12.00

[33 – 40] Side shuffle with ¼ turn R, step fwd L, ½ pivot R, step fwd L.

1, 2, 3, 4 Step right to right side (1), step left next to right (2), make ¼ turn right stepping forward on right (3), hold (4) 12.00

5, 6, 7, 8 Step forward on left (5), pivot ½ turn right (6), step forward on left (7), hold (8) 6.00

[41 – 48] Full turn L travelling fwd stepping RLR, L fwd rock, L back – R together (half a coaster step)

1, 2, 3, 4 Make ½ turn left stepping back on right (1), make ½ turn left stepping forward on left (2), step forward on right (3), hold (4)

Easy option: Walk forward on right (1), walk forward on left (2), walk forward on right (3), hold (4) 6.00

5, 6, 7, 8 Rock forward on left (5), recover weight onto right (6), step back on left (7), step right next to left (8) 6.00

[49 – 56] L toe strut, R toe strut, step fwd L, ¼ pivot R, cross L.

1, 2, 3, 4 Touch ball of left foot forward (1), drop left heel to floor taking weight (2), touch ball of right foot forward (3), drop right heel to floor taking weight (4) 6.00

5, 6, 7, 8 Step forward on left (5), pivot ¼ turn right (6), cross left over right (7), hold (8) 9.00

[57 – 64] Long weave to R: R side, L behind, R side, L in front, R side, L behind, R side, L together.

1, 2, 3, 4 Step right to right side (1), cross left behind right (2), step right to right side (3), cross left in front of right (4) 9.00

5, 6, 7, 8 Step right to right side (5), cross left behind right (6), step right to right side (7), step left next to right (8) 9.00

START AGAIN, HAVE FUN!

ENDING Dance ends facing front on section 49-56 – make the ¼ turn on count 6 – then as you cross L over – spread arms out to side.

Contact: www.dancejam.co.uk - Rachaeldance@me.com - Tel: 07968 181933