

So a schöner Tag (Die Jungen Zillertaler) 138

CD: Sahnestücke 2008, GEMA-Werknr.: 7678374-001

3:28

Choreo: Bernd Flühr, 2016

Easy Circle Mixer

wait as couples (boy L, girl R) in a circle facing in, start on "schaun"

Intro 2 slow Jazz Box
4 slow Grape Vine

look up and wave arms

A 4 Basic in a box ("fliag"),
4 Boogie Basic ("stark"),
4 Basic Kick ("groß"),
4 Basic ("hoch")

DS RS(1/4L) arms like an airplane
DS R(xib)S strong arms
high arms
arms up

B 4 Basic Hop ("spring"),
4 Basic in a Box ("schwimm"),
4 Basic Kick fwd ("nimm"),
Triple Kick fwd ("mag"),
Triple bw

DS HOP clap on HOP
swimming arms
join hands
arms up on KK
arms down, release hands (boy L, girl R) on last RS

C Girls Roll Away

Triple 1/2L in front of boy,
Triple 1/2L to his L side in a circle, join hands

Triple Brush fwd, Triple bw,
Girls Roll Away,
2 Triple bw

release hands on 1st RS

A 4 Basic in a box ("fliag"), 4 Boogie Basic ("stark"),
4 Basic Kick ("groß"), 4 Basic ("hoch")

B 4 Basic Hop ("spring"), 4 Basic in a Box ("schwimm"),
4 Basic Kick fwd ("nimm"), Triple Kick fwd, Triple bw ("mag")

C Girls Roll Away, Triple Brush fwd, Triple bw,
Girls Roll Away, 2 Triple bw

A* **slow:** 4 Basic in a box ("fliag"), 4 Boogie Basic ("stark"),
4 Basic Kick ("groß"), 4 Basic ("hoch")

B* **slow:** 4 Basic Hop ("spring"), 4 Basic in a Box ("schwimm"),
4 Basic Kick fwd ("nimm"), Triple Kick fwd, Triple bw ("mag")

C Girls Roll Away, Triple Brush fwd, Triple bw,
Girls Roll Away, 2 Triple bw

A 4 Basic in a box ("fliag"), 4 Boogie Basic ("stark"),
4 Basic Kick ("groß"), 4 Basic ("hoch")

B 4 Basic Hop ("spring"), 4 Basic in a Box ("schwimm"),
4 Basic Kick fwd ("nimm"), Triple Kick fwd, Triple bw ("mag")

C* [:: Girls Roll Away ::] Stomp if