

# Metronome

**Compte:** 32

**Mur:** 4

**Niveau:** Improver

**Chorégraphe:** Gaye Teather (UK)

**Musique:** Precious Time - Dave Sheriff



---

## RIGHT CHASSE, CROSS ROCK, LEFT CHASSE WITH QUARTER TURN LEFT, STEP FORWARD RIGHT, PIVOT HALF TURN LEFT

- 1&2 Step right to right side, close left to right, step right to right side  
3-4 Cross rock left foot over right, recover weight back onto right foot  
5&6 Step left to left side, close right to left, step left quarter turn left  
7-8 Step forward on right foot, pivot half turn left

## ROCK FORWARD RIGHT, RECOVER, HITCHES & SCOOTS BACK, STEP BACK, TAP LEFT ACROSS, LEFT LOCK STEPS FORWARD

- 9-10 Rock forward on right foot, recover weight back onto left  
&11 Hitch right knee while scooting back on left foot, step back on right  
&12 Hitch left knee while scooting back on right foot, step back on left  
&13 Hitch right knee while scooting back on left foot, step back on right  
14 Tap left toe across right foot  
15&16 Step forward on left, lock right behind left, step forward on left

## SYNCOATED TOE AND HEEL TAPS

- 17-18 Tap right toes behind left foot twice  
&19-20 Transfer weight quickly back onto right foot, tap left heel forward twice  
&21-22 Bring left foot back into place and tap right toes behind left foot twice  
&23-24 Transfer weight quickly back onto right foot, tap left heel forward twice

## ROCK STEP, SHUFFLE HALF TURN RIGHT, ROCK STEP, COASTER STEP

- &25-26 Bring left foot back into place, rock forward onto right, recover onto left  
27&28 Shuffle half turn right stepping right, left right  
29-30 Rock forward onto left foot, recover back onto right  
31&32 Step back left, close right next to left, step forward left

## REPEAT

When dancing to the Tom Jones track you may wish to substitute the following variation to reflect the song's theme!!

- &21-24 Rotate hips twice to the left over 4 counts or alternatively do a body roll forward.
-