It's Time To Dance

级数: Ultra Beginner

编舞者: Irene Tang (HK) - September 2014

音乐: From Time to Time - Rascal Flatts : (iTunes - 3:48)

Count In: After 48 counts□

拍数: 32

SEC 1: 3 WALK, FWD POINT, 3 BACK, TOUCH

- Walk forward 3 steps on RF, LF, RF, Point LF forward 1 - 4
- 5 8 Walk back 3 steps on LF, RF, LF, touch RF next to LF

SEC 2:□FWD ROCK, RECOVER, TRIPLE STEP, BACK ROCK, RECOVER, TRIPLE STEP

- 1 2Rock RF fwd, Recover weight to LF
- 3&4 Triple step on spot RLR
- Rock LF back, Recover weight to RF 5 – 8
- 7&8 Triple step on spot LRL

SEC 3: SIDE ROCK, RECOVER, TRIPLE STEP, SIDE ROCK, RECOVER, TRIPLE STEP

- 1 2 Rock RF to R, Recover weight to LF
- 3&4 Triple step on spot RLR
- 5 8 Rock LF to L, Recover weight to RF
- 7&8 Triple step on spot LRL

SEC 4:□SIDE CLOSE SIDE TOUCH, R1/4 SIDE CLOSE SIDE TOUCH

- 1 2Step RF to R, Close LF to RF
- 3 4 Step RF to R, Touch LF next to RF (prep for turning 1/4 R, weight on RF)
- 5-6 Finish turning 1/4 right, Step LF to L, Close RF to LF
- 7 8 Step LF to L, Touch RF next to LF

Repeat & Enjoy ~~ Dance Is LIFE, Enjoy Dancing from Time to Time

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墙数: 4