

Time Flies

拍数: 24 墙数: 4 级数: Improver NC2S
编舞者: Paul McAdam (UK) - September 2015
音乐: I Always Liked That Best - Cyndi Thomson : (iTunes)



Count in: Approximately 24 Counts from Start of track at roughly 21 seconds into track

[1-8] Side Basic, 1/4, rock 1/4, Extended Weave

- 1,2& Step left foot to left side, step right foot slightly behind left foot, cross right foot slightly over left
- 3,4& Make a 1/4 turn right and step forward on right, make a 1/4 turn right and rock left foot out to left side, recover weight onto right
- 5&6& Cross left foot over right, step right to right side, cross left foot behind right, step right to right side
- 7&8 Cross left foot over right, step right foot to right side, cross left foot behind right and sweep right foot back

[9-16] Diagonal, Side rocks X2, Behind, Side, Step 1/2, Step Forward

- 1,2& Step right foot back to left diagonal, rock left foot out to left side, recover weight on right
- 3,4& Step left foot back to right diagonal, rock right foot out to right side, recover weight on left
- 5,6 Cross right foot behind left, make a 1/4 turn left and step left foot forward\
- 7&8 Step forward on right foot, picot 1/2 turn left, step forward on right foot

[17-24] Side Basic, 1/4 rock, 1/2 rock, 1/2 turn, 3/4 unwind

- 1,2& Step left foot to left side, step right foot slightly behind left foot, cross right foot slightly over left
- 3,4& Make a 1/4 turn right and step forward on right foot, rock forward on left foot, recover weight on right
- 5,6& Make a 1/2 turn left and step forward on left foot, rock forward on right foot, recover weight onto left
- 7,8& Make a 1/2 turn right and step forward on right foot, Cross left foot over right foot, unwind a 3/4 turn right
- (weight ends on right foot)

Start Dance Again.

1 TAG & RESTART

On the 4th wall after counts 15&16 Step 1/2 turn step forward add the following counts:

- 1,2 Rock left foot to left side, recover weight onto right and then restart the dance again, stepping left to left side.