

Time To Time (P)

拍数: 64 墙数: 0 级数: Improver Partner
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音乐: From Time to Time - Rascal Flatts



Position Right Open Promenade - Facing L.O.D.

Man's step are opposite from the woman unless indicated

Intro de 32 count □

[1-8] M: 1/4 Turn, Touch, Chasse To Left, 1/4 Turn And Shuffle Back, Shuffle Back,

[1-8] □ W: 1/4 Turn, Touch, Chasse To Right, 1/4 Turn And Shuffle Back, Shuffle Back,

1-2 M: Step RF forward 1/4 right – Point LF next to RF

1-2 W: Step LF forward 1/4 left, – Point RF next to LF

Open Double Hand Hold, Man facing O.L.O.D. woman facing I.L.O.D.

3&4 M : Chasse left LF, RF LF,

3&4 W: Chasse right, RF LF RF

Let go of man's right hand and woman's left hand

5&6 M: Step 1/4 turn right, shuffle back RF, LF, RF

5&6 W: Step 1/4 turn left, shuffle forward LF, RF, LF

Left Open Promenade facing R.L.O.D.

7&8 M: Shuffle back LF, RF, LF

7&8 W: Shuffle back RF, LF, RF

[9-16] □ Back, Hitch, Shuffle Fwd. Step, Pivot 1/2 Turn, Side, Together,

1-2 M: Step RF back, - Hitch left Knee

1-2 W: Step LF back, Hitch right knee

3&4 M: Shuffle forward LF, RF, LF

3&4 W: Shuffle forward RF, LF, RF

5-6 M: Step LF forward - Pivot 1/2 turn left

5-6 M: Step RF forward - Pivot 1/2 turn right

Let go of hands, man passes in back of woman to change sides

7-8 M: Step RF to right side, LF next to RF

7-8 W: Step LF to left side, RF next to LF

Reversed Sweetheart position, facing L.O.D man exterior of circle

[17-24] □ Shuffle Fwd. Walk, Walk, 1/4 Turn, 1/4 Turn, Shuffle 1/2 Turn,

1&2 M: Shuffle forward RF LF RF

1&2 W: Shuffle forward LF RF LF

3-4 M: Step LF forward, Step RF forward

3-4 W: Step RF forward, Step LF forward

Do not let go of hands, man passes under woman's left arm and right arm

5-6 M: Step 1/4 left, LF forward - Step 1/4 left, RF back R.L.O.D.

5-6 W: Step 1/4 right, RF forward -step 1/4 right, LF back R.L.O.D.

7&8 M: Shuffle LF, RF, LF 1/2 turn left

7&8 W: Shuffle RF, LF, RF 1/2 turn right

Facing L.O.D. Keeping your arms up

[25-32] □ M: Walk, Walk, Shuffle Fwd. Rock Step Fwd., Shuffle Back,

[25-32] □ W: 1/2 Turn, 1/2 turn, Shuffle Fwd., Step, Pivot 1/2 Turn, 1/2 Turn And Shuffle Back,

Do not let go of arm, woman passes under both arms

1-2 M: Step RF forward, Step LF forward

1-2 W: LF back 1/2 turn right – RF forward 1/2 turn right

Volkswagen position facing L.O.D. Left hand in front of man & Right hand in front of woman

3&4 M: Shuffle forward, RF LF RF
3&4 W: Shuffle forward LF RF LF
Do not let go of hands, Woman passes under left arm
5-6 M: Rock LF forward, return on RF
5-6 W: RF forward - Pivot 1/2 turn left
7&8 M: Shuffle back LF RF LF
7&8 W: Shuffle back RF LF RF 1/2 turn left

Position Sweetheart, facing L.O.D. man is interior of circle

[33-40] □Back Rock Step, Shuffle Fwd. Walk, Walk, Shuffle Fwd,

1-2 M: Rock RF back – Return on LF
1-2 W: Rock LF forward – Return on RF
3&4 M: Shuffle forward RF LF RF
3&4 W: Shuffle forward LF RF LF
5-6 M: Step LF forward, Step RF forward
5-6 W: Step RF forward, Step LF forward
7&8 M: Shuffle forward LF RF LF
7&8 W: Shuffle forward RF LF RF

[41-48] □Shuffle Fwd. Side Rock Step, Cross Shuffle, Rock Step,

1&2 M: Shuffle forward RF LF RF
1&2 W: Shuffle forward LF RF LF
3-4 M: Rock LF left – Return on RF
3-4 W: Rock RF right – Return on LF

Let go of right hands, then let go of left hands

Man passes in back of woman to change sides

5&6 M: Cross LF in front of RF – Step RF right – Cross LF in front of RF
5&6 W: Cross RF in front of LF – LF left – Cross RF in front of LF

Position Left Open Promenade, facing L.O.D. man exterior of circle

Tape woman's left hand with man's right hand on count 7

7-8 M: Rock RF forward – Return on LF
7-8 W: Rock LF forward- Return on RF

[49-56] □Shuffle 1/2 Turn, 1/2 Turn And Shuffle Back, Back, Back, Coaster Step,

Let go of hands

1&2 M: Shuffle 1/2 turn right RF LF RF
1&2 W: Shuffle, 1/2 turn left LF RF LF
3&4 M: Shuffle back 1/2 turn right LF RF LF
3&4 W: Shuffle back 1/2 turn left RF LF RF

Position Left Open Promenade, facing L.O.D man exterior of circle

5-6 M: Step RF back – Step LF back
5-6 W: Step LF back – Step RF back
7&8 M: Step RF back – LF next to RF- step RF forward
7&8 W: step LF back – RF next to LF – LF forward

[57-64]□Diagonal Shuffle Fwd. Walk, Walk, Shuffle Fwd, Step, Touch.

Man passes in back of woman to change sides

Let go of woman's right hand and man's left hand

Take man's right hand in woman's left hand

The woman passes under man's right arm, and man under left arm

1&2 M: Shuffle forward diagonal towards left LF RF LF
1&2 W: Shuffle forward diagonal right RF LF RF

You are back in open arm position from the start

3-4 M: Step RF forward – Step LF forward
3-4 W: Step LF forward – Step RF forward

5&6 M: Shuffle forward RF LF RF
5&6 W: Shuffle forward LF RF LF
7-8 M: Step LF forward – Point R next to LF
7-8 W: Step RF forward – Point L next to RF

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