

3 AM

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Inge Vestergård (DK) - March 2016
音乐: 3 AM - Mads Langer



Intro: 32 count intro (15 sec. Into track). Start with weight on L foot, facing 9 o'clock.

Sec. 1: R Fwd, ¼ Turn R with Hitch, Step Fwd, Tap, Step Back, ½ Turn L, Step, ¼ Turn L

1 - 2 Step R fwd, On ball of R Turn ¼ R hitching L (12.00)
3 - 4 Step L fwd, Tap R behind L turning body slightly towards R
5 - 6 Step R back, ½ Turn L stepping fwd L (6.00)
7 - 8 Step R fwd, ¼ Turn L, weight ends on L (3.00)

Sec. 2: 2 x Cross Point, Jazzbox ¼ Turn R

1 - 2 Cross R over L, Point L to L side
3 - 4 Cross L over R, Point R to R side
5 - 8 Cross R over L, ¼ turn R stepping back on L, Step R to R side, Cross L over R (6.00)

**** Restart here on Wall 4 facing 3 o'clock.**

Sec. 3: Chassé R, Back Rock, ½ Monterey Turn L

1 & 2 Step R to R side, Step L beside R, Step R to R side
3 - 4 Rock back L, Recover R
5 - 6 Touch L to L side, ½ turn L stepping L next to R (2) 6.00
7 - 8 Touch R to R side, Touch R beside L (12.00)

Sec. 4: 2 x Syncopated Heel Switch, Step, Scuff/Stomp, Rock Step, Coaster Step

1&2& Dig R Heel fwd, Step R beside L, Dig L Heel fwd, Step L beside R
3 - 4 Step R fwd, Scuff /Stomp L beside R
5 - 6 Rock fwd on L, Recover on R
7&8 Step back on L, Step R beside L, Step fwd on L

*** Tag after Wall 2 facing 3 o'clock: Right Rocking Chair**

1 - 4 Rock R fwd, Recover on L, Rock back R, Recover L.

**** Restart on Wall 4 after 16 counts facing 3 o'clock**

***** Tag after Wall 9 facing 6 o'clock: Right Rocking Chair, 2 x Heel Switch, Right Rocking Chair**

1 - 4 Rock R fwd, Recover on L, Rock back R, Recover L
5 - 8 Dig R Heel fwd, Step R next to L, Dig L Heel fwd, Step L next to R
9 - 12 Rock R fwd, Recover on L, Rock back R, Recover L

Ending on Wall 11 facing 12 o'clock.

Replace the coasterstep with a step back on L, and then drag R Heel/Foot slowly backwards beside L. □

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