

It Takes Time

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Matthew Grocott (UK) - May 2016
音乐: Time - Edwin Starr : (Album: Move On Up Vol 2)



Start on vocals: Time is the one thing

S1: L Northern Soul Basic Step , R Northern Basic Step , L Shuffle Forward , R Kick-Ball-Step ,
1&2 Touch left heel forward (Slightly put weight on to left heel) , Step right behind left , Step left next to right ,
3&4 Touch right heel forward (Slightly put weight on to right heel) , Step left behind right , Step right next to left ,
5&6 Step forward on left , Step right next to left , Step forward on left ,
7&8 Kick right foot forward , On the ball of right next to left , Step forward on left ,

S2: Walk Walk , R kick-Ball-Step , Step 1/4 Turn , R Crossing Shuffle ,
1-2 Walk forward on right left ,
3&4 Kick right foot forward , On ball of right next to left , Step forward on left ,
5-6 Step forward on right , Pivot 1/4 turn left (9:00) ,
7&8 cross right over left , Step left to left side , Cross right over left ,

S3: Side-Rock , Recover , Behind-Side-Cross , Side , Hold , Cross-Point ,
1-2 Rock left to left side , Recover back on right ,
3&4 step left behind right , Step right to right side , Cross left over right ,
5-6 Step right to right side , Hold ,

Restart : Here During Wall 6 Start Dance Again (6:00)

7-8 Cross left over right , Point right toe to right side ,

S4: Cross-Point , L Jazz box , Cross , Rock back , Recover ,
1-2 Cross right over left . Point left toe to left side ,
3-4 Cross left over right , Step back on right ,
5-6 Step left to left side , Cross right over left ,
7-8 Rock back on left , Recover on right ,

Start Dance Again :
