

Time To Time

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Elaine Hornagold (UK) - July 2017
音乐: From Time to Time - Rascal Flatts



Intro: 48 Counts - Start on vocals

Section 1: □ Rock Forward, Shuffle Back, Rock Back, Walk Forward x 2

1 – 2 Rock forward on Right, Recover onto Left
3 & 4 Step back on Right, Close Left beside Right, Step back on Right
5 – 6 Rock back on Left, Recover onto Right
7 – 8 Walk forward Left, Right

Section 2: □ Left Side Rock, Left Cross Shuffle, Right Side Rock, Right Cross Shuffle

1 – 2 Rock Left to Left side, Recover onto Right
3 & 4 Cross Left over Right, Step Right to Right side, Cross Left over Right
5 – 6 Rock Right to Right side, Recover onto Left
7 & 8 Cross Right over Left, Step Left to Left side, Cross Right over Left

Section 3: □ Side Behind, Shuffle ¼ Turn Left, Pivot ½ Turn, Shuffle ½ Turn

1 – 2 Step Left to Left side, Cross Right behind Left
3 & 4 ¼ turn Left Step forward Left, Step Right next to Left, Step forward Left
5 – 6 Step forward Right, pivot ½ turn Left
7 & 8 Make ½ shuffle turn Left, stepping Right Left Right (9:00)

Section 4: □ Back Sweep x 2, Rock Back, Left Shuffle Forward

1 – 2 Step back Left sweeping Right back
3 – 4 Step back Right sweeping Left back
5 – 6 Rock back onto Left, Recover onto Right
7 & 8 Step forward Left, Step Right next to Left, Step forward Left

Section 5: □ Pivot ¼ Left, Right Cross Shuffle, Hinge ½ Turn, Shuffle Forward

1 – 2 Step forward Right, Pivot ¼ Left stepping onto Left
3 & 4 Cross Right over Left, Step Left to Left side, Cross Right over Left
5 – 6 Turn ¼ Right step back Left, Turn ¼ Right step Right to side
7 & 8 Step forward Left, Step Right next to Left, Step Left forward (12:00)

Section 6: □ Skate ¼ Right, Shuffle ½ Turn Left, Skate ½ Right, Shuffle ½ Turn Left

1 – 2 Make slow skate ¼ turn Right, take weight onto right
3 & 4 On ball of Right turn ½ Left, stepping forward Left Right Left
5 – 6 Make slow skate 1/2 turn Right, take weight onto right
7 & 8 On ball of Right turn ½ Left, stepping forward Left Right Left (9:00)

Section 7: □ Cross, Back, Back, Cross Back, ½ Turn Left, Pivot ½ Turn

1 – 2 Cross step Right foot over Left, Step back Left to Left diagonal
3 – 4 Step back Right to Right diagonal, Cross step Left over Right
5 – 6 Step back Right, turn ½ Left step forward Left
7 – 8 Step forward Right, Pivot ½ turn Left (9:00)

Section 8: □ Side Together, Right Shuffle Forward, Side Together Coaster Step

1 – 2 Step Right to Right side, Step Left together
3 & 4 Step forward Right, Step Left next to Right, Step forward Right

5 – 6 Step Left to Left side, Step Right together
7 & 8 Step back Left, Step Right beside Left, Step forward Left (9:00)

No Tags No Restarts

Hope you enjoy it

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