

In The Past

拍数: 80 墙数: 4 级数: Intermediate
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音乐: I've Got the Used To Be's - Slim Attraction



Intro: 16 Count

Section 1: POINT, TOUCH, HEEL, HOOK, STEP LOCK STEP, STOMP

1,2 Point RF to right side, Touch RF beside LF
3,4 Touch right Heel forward, Hook right Heel over left Shin
5,6 Step RF forward, Lock LF behind RF
7,8 Step RF forward, Stomp LF beside RF (Weight on RF)

Section 2: POINT, TOUCH, HEEL, HOOK, STEP LOCK STEP, STOMP

1,2 Point LF to left side, Touch LF beside RF
3,4 Touch left Heel forward, Hook left Heel over right Shin
5,6 Step LF forward, Lock RF behind LF
7,8 Step LF forward, Stomp RF beside LF (Weight on LF)

Section 3: SIDE, TOUCH/CLAP, SIDE, TOUCH/CLAP, SIDE, CLOSE, STEP, TOUCH

1,2 Step RF to right side, Touch LF beside RF/Clap
3,4 Step LF to left side, Touch RF beside LF/Clap
5,6 Step RF to right side, Step LF beside RF
7,8 Step RF forward, Touch LF beside RF

Section 4: SIDE, TOUCH/CLAP, SIDE, TOUCH/CLAP, SIDE, CLOSE, BACK, TOUCH

1,2 Step LF to left side, Touch RF beside LF/Clap
3,4 Step RF to right side, Touch LF beside RF/Clap
5,6 Step LF to left side, Step RF beside LF
7,8 Step LF backward, Touch RF beside LF

Section 5: 2 X POINT TOUCH, GRAPEVINE R WITH TOUCH

1,2 Point RF to right side, Touch RF beside LF
3,4 Point RF to right side, Touch RF beside LF
5,6 Step RF to right side, Cross LF behind RF
7,8 Step RF to right side, Touch LF beside RF

Section 6: 2 X POINT TOUCH, GRAPEVINE L WITH TOUCH

1,2 Point LF to left side, Touch LF beside RF
3,4 Point LF to left side, Touch LF beside RF
5,6 Step LF to left side, Cross RF behind LF
7,8 Step LF to left side, Touch RF beside LF

Section 7: MONTEREY 1/4 TURN R, STEP 1/2 TURN L, STEP, SCUFF

1,2 Point RF to right side, 1/4 turn right, Step RF beside LF
3,4 Point LF to left side, Step LF beside RF
5,6 Step RF forward, Pivot 1/2 turn left
7,8 Step RF forward, Scuff LF forward

Section 8: STEP 1/2 TURN R, STEP, SCUFF, HEEL STEP R + L

1,2 Step LF forward, Pivot 1/2 turn right
3,4 Step LF forward, Scuff RF forward

5,6 Touch right Heel forward, Step RF beside LF
7,8 Touch left Heel forward, Step LF beside RF
(Restart: on Wall 1 + 4, facing 03.00h/12.00h, after 4 Count add Tag, then Restart)
(Restart: on Wall 3, facing 09.00h)

Section 9: STEP, TOUCH BEHIND, BACK, KICK, BACK ROCK, STOMP, STAMP

1,2 Step RF forward, Touch LF behind RF
3,4 Step LF backward, Kick RF forward
5,6 Step RF backward, Recover on LF
7,8 Stomp RF beside LF (Weight on LF), Stamp RF beside LF

Section 10: SWIVET R + L (SWIVEL L + R), BACK ROCK, STOMP, STOMP

1,2 Twist both Toes to right side (Weight on Heel of RF and Ball of LF), Return to centre
3,4 Twist both Toes to left side (Weight on Heel of LF and Ball of RF), Return to centre
5,6 Step RF backward, Recover on LF
7,8 Stomp RF beside LF twice (Weight on LF)

TAG: (after 4 Count from S8 on Wall 1 + 4, facing 03.00h/12.00h, then Restart)

HEEL, HOLD, HOOK, HOLD, HEEL, HOLD, FLICK, HOLD

1,2 Touch right Heel forward, Hold
3,4 Hock right Heel over left Shin, Hold
5,6 Touch right Heel forward, Hold
7,8 Lift up RF behind, Hold

HAPPY DANCING!

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