

拍数: 64 墙数: 2 级数: Improver
 编舞者: David Sinfield (UK) - April 2023
 音乐: 24/7 (feat. JC Stewart) - Billen Ted



1 Restart in Wall 3

Intro: 32 counts (approx. 17 secs) – Start after vocals when main beat kicks in

S1 Side Rock, Recover, Cross Shuffle, Side Rock, Recover ¼ R, L Shuffle

1,2 Rock R out to right side, recover weight on left
 3&4 Cross step R over L, step L to left side (&), cross step R over L
 5,6 Rock L out to left side, recover weight on R making ¼ turn right [3:00]
 7&8 Step forward on L, step R next to L (&), step forward on L

S2 Step R, Hold, Ball Step, Touch L, Back L, Back R, L Coaster

1,2&3,4 Step forward on R, hold, step forward on ball of L (&), step forward on R, touch L next to R
 5,6 Walk back on L, walk back on R
 7&8 Step back on L, step R next to L (&), step forward on L [3:00]

S3 Monterey ½ Turn x2

1,2 Touch R toe to right side, make ½ turn right stepping R in place next to L
 3,4 Touch L toe to left side, step L next to R [9:00]
 5,6 Touch R toe to right side, make ½ turn right stepping R in place next to L
 7,8 Touch L toe to left side, step L next to R [3:00]

S4 R Side Rock, Recover, R Behind Side Cross, L Side Rock, Recover, L Behind, ¼ Turn R, Step L

1,2 Rock R out to right side, recover weight on L
 3&4 Step R behind L, step L to left side (&), cross step R over L
 5,6 Rock L out to left side, recover weight on R
 7&8 Step L behind R, make ¼ turn right stepping forward on R (&), step forward on L [6:00]

*RESTART: During WALL 3, dance up to and including count 32 then RESTART facing 6:00

S5 R Side Rock, Recover, Back Rock, Recover, R Side Rock, Recover, R Behind Side Cross

1,2 Rock R out to right side, recover weight on L
 3,4 Rock back on R, recover weight on L
 5,6 Rock R out to right side, recover weight on L
 7&8 Step R behind L, step L to left side (&), cross step R over L [6:00]

S6 L Side Rock, Recover, Back Rock, Recover, L Side Rock, Recover, L Behind Side Cross

1,2 Rock L out to left side, recover weight on R
 3,4 Rock back on L, recover weight on R
 5,6 Rock L out to left side, recover weight on R
 7&8 Step L behind R, step R to right side (&), cross step L over R [6:00]

S7 Syncopated Rock Steps, Rock Fwd, Recover, Shuffle ½ Turn R

1,2& Rock forward on R, recover weight on L, step R next to L (&)
 3,4& Rock forward on L, recover weight on R, step L next to R (&)
 5,6 Rock forward on R, recover weight on L
 7&8 Make ½ turn right stepping forward on R, step L next to R (&), step forward on R [12:00]

S8 Step L, Pivot ½ R, L Shuffle, R Kick & Point, L Kick & Touch

1,2 Step forward on L, make ½ turn right (weight on R)

- 3&4 Step forward on L, step R next to L (&), step forward on L
- 5&6 Kick R forward, step R next to L (&), point L to left side
- 7&8 Kick L forward, step L next to R (&), touch R next to L [6:00]

Start Over
