

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**

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