

Eight Seconds

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Thunder Gomes (DE) & Mercè ORRIOLS (ES) - April 2023
音乐: Eight Second Ride - Jake Owen : (Album: Easy Does It)



Sequence: INTRO - A1 - A2 (30c.) - INTRO - A3 - A4 - TAG 1 - A5 - A6 - TAG 2 - INTRO (final)

Intro 16 counts (After the words "Come On")

INTRO (12.00)

Sect. 1 - (R) GRAPEVINE, STEP ½ TURN RIGHT (X2), (L) GRAPEVINE, STEP ½ TURN LEFT (X2)

1&2& Step right side, cross left behind, step right side, scuff left forward

3&4& Step left forward, turn ½ right, step left forward, turn ½ right

5&6& Step left side, cross right behind, step left side, scuff right forward

7&8& Step right forward, turn ½ left, step right forward, turn ½ left

Sect. 2 - (R) STEP LOCK STEP, (R) SCUFF, (L) STEP ½ TURN RIGHT, ½ TURN RIGHT & STEP BACK, (R) ROCK STEP BACK, STOMP (X2)

1&2& Step right forward, lock left behind, step right forward, scuff left forward

3&4 Step left forward, turn ½ right, turn ½ right and step left back

5&6 Rock right back, recover on left, stomp up right together

7&8 Rock right back, recover on left, stomp up right together

(A)

Sect. 1 - (R) DIAG. STEP FWD, SLIDE & TOUCH, ¼ TURN LEFT STEP LOCK STEP, (R) STEP ½ TURN LEFT, ¼ TURN LEFT & (R) SIDE, (L) SCISSOR CROSS

1-2 Step right diagonally forward, slide left towards right and touch left behind

3&4 Turn ¼ left and step left forward, lock right behind, step left forward (9:00)

5&6 Step right forward, turn ½ left, turn ¼ left and step right side (12:00)

7&8 Step left side, step right next to left, cross left over right

Sect. 2 - (R) ROCK STEP FWD, ½ TURN RIGHT & STEP, (L) ROCK STEP FWD, TURN ½ LEFT & STEP, (R) HEEL BALL STOMP, (R) SAILOR STEP ¼ TURN LEFT

1&2 Rock right forward, recover on left, turn ½ right and step right forward (6:00)

3&4 Rock left forward, recover on right, turn ½ left and step left forward (12:00)

5&6 Touch right heel forward, step right next to left, stomp up left together

7&8 Cross right behind, turn ¼ left and step left side, step right side (9:00)

Sect. 3 - (L) ROCK STEP BACK, (L) STEP LOCK STEP, (R) POINT, HITCH (R knee over left), POINT, (R) COASTER STEP ¼ TURN RIGHT

1-2 Rock left back, recover on right

3&4 Step left forward, lock right behind, step left forward

5&6 Point right side, hitch right (right knee over left), point right side

7&8 Turn ¼ right and step right back, step left next to right, step right forward (12:00)

Sect. 4 - (L) SHUFFLE ½ TURN RIGHT, (R) ROCK STEP BACK, (R) KICK BALL STEP (X2)

1&2 Turn ½ right and shuffle back (L-R-L) (6:00)

3-4 Rock right back, recover on left

5&6 Kick right forward, step right next to left, step left forward

• On the 2nd wall stop here and dance INTRO

7&8 Kick right forward, step right next to left, step left forward

REPEAT AGAIN

TAG 1 - At the end of the 4th wall (12:00)

HEEL SWITCHES (R & L)

1&2& Touch right heel forward, step right together, touch left heel forward, step left together

TAG 2 - At the end of the 6th wall (12:00) "slowly"

DRAG, TOUCH, DRAG, TOUCH, MAMBO STEP, COASTER STEP, KICK, UNWIND

1-2 Drag right side, touch left together

3-4 Drag left side, touch right together

5&6 Rock right forward, recover on left, step right slightly back

7&8 Step left back, step right together, step left forward

9-10 Kick right forward, cross right over

11-14 Slowly, full turn left
