

22 Hours

拍数: 64 墙数: 4 级数: Easy Intermediate
编舞者: Carol Cotherman (USA) - August 2023
音乐: 22 Hours a Day - Due West



32-count intro. 2 Tags and 2 Restarts

Step/Stomp, Scuff, Triple Step, Rock, Recover, Coaster

- 1-2 Step or stomp right forward, scuff left heel forward
- 3&4 Step left forward, step right by left, step left forward
- 5-6 Rock right forward, recover to left
- 7&8 Step right back, step left by right, step right forward

Note: The coaster step is quick so keep it tight.

Step, ¼ Turn, Cross Rock, Recover, Side Rock, Recover, Behind, Side, Cross

- 1-2 Step left forward, ¼ turn right taking weight to right
- 3-4 Rock left over right, recover to right
- 5-6 Rock left out to side, recover to right
- 7&8 Step left behind right, step right to side, step left over right (3:00)

***Restart here on wall 3 facing 9:00.**

Side Triple, Rock, Recover, ½ Hinge Turn, Crossing Triple

- 1&2 Step right to side, step left by right, step right to side
- 3-4 Rock left behind right, recover to right
- 5-6 ¼ Turn right stepping left back, ¼ turn right stepping right to side
- 7&8 Step left over right, step right to side, step left over right (9:00)

1/2 Monterey Turn, Cross, Back, Back, Toe Touch

- 1-2 Point right to side, ½ turn right stepping right in place
- 3-4 Point left to side, step left in place (3:00)
- 5-6 Cross right over left, step left back
- 7-8 Step right back, touch left toe in front of right with left knee bent

Step, Lock, Step, ¼ Hitch Turn, Step, Lock. Step, ½ Hitch Turn

- 1-2 Step left forward, lock right behind left
- 3-4 Step left forward, ¼ turn right hitching right knee (6:00)
- 5-6 Step right forward, lock left behind right
- 7-8 Step right forward, ½ turn left hitching left knee (12:00)

Step, Lock, Step, Sweep, ¼ Jazz Turn with Cross

- 1-2 Step left forward, lock right behind left
- 3-4 Step left forward, sweep right from back to front
- 5-6 Step right over left, begin ¼ turn right stepping left back
- 7-8 Finish ¼ turn right stepping right to side, step left over right (3:00)

Step, Touch, Step, Step, Swivets Right (2)

- 1-2 Step right to side, touch left by right
- 3-4 Step left to side, step right by left
- 5-6 Twist both toes to R (weight on Heel of RF and ball of LF), Return to center
- 7-8 Twist both toes to R (weight on Heel of RF and ball of LF), Return to center

Optional Arms: On counts 1-2, wave arms overhead to right. On counts 3-4, wave arms overhead to left. Can add finger snaps if wanted.

***When you are dancing this section and the lyrics say: 22 hours a day: Hold up two fingers like a peace sign**

on each hand. Move both out on count 5. Move both in on count 6. Move out on count 7 and in on count 8. This is done during the swivets.

***Restart here on Wall 6 after 56 counts facing 6:00**

Step, Touch, Step, Step, Swivets Right (2)

1-2 Step right to side, touch left by right

3-4 Step left to side, step right by left

5-6 Twist both toes to R (weight on Heel of RF and ball of LF), Return to center

7-8 Twist both toes to R (weight on Heel of RF and ball of LF), Return to center

Optional Arms: On counts 1-2, wave arms overhead to right. On counts 3-4, wave arms overhead to left. Can add finger snaps if wanted.

***When the lyrics say: 2 hours of play (This happens right after the 22 hours a day lyrics noted in the previous set of 8.), Hold up two fingers on right hand and move out to right on count 7 and back in on count 8. Can place left hand on hip during 5-6-7-8.**

REPEAT

8-Count Tag – Dance after Wall 1 facing 3:00 and after Wall 4 facing 12:00

Step, Hold, ½ Turn, Hold, Step, ½ Turn, Stomp Up, Hold

1-2 Step right forward, hold

3-4 1/2 Pivot turn left taking weight to left, hold

5-6 Step right forward, ½ pivot turn left taking weight to left

7-8& Stomp right in place keeping weight on left, hold, hitch right knee slightly on the & count to raise right foot off the floor to prepare for Count 1 of the dance.

Restart on Wall 3 after 16 counts facing 9:00.

Restart on Wall 6 after 56 counts facing 6:00.

Dance ends facing 12:00 after 32 counts on Wall 8. Just tap left toe in front of right foot a 2nd time or stomp left foot. TADA!
