拍数： 64
墥数： 2
级数：Intermediate

## 编舞者：Fabian Müller（CH）－ 2023

音乐：High Time－Nickelback

Sect 1 KICK，FLICK，KICK，FLICK，STOMP UP，KICK BALL STOMP UP
1－2 Kick R forward－Jump on R and flick $L$
3－4 Kick L forward－Jump on L and flick R
5－6 Stomp up R next to L－Kick R forward
7－8 Step on $R$ next to $L$－Stomp up $L$ next to $R$
Sect 2 KICK，FLICK，KICK，FLICK，STOMP UP，KICK BALL STOMP UP
1－2 Kick L forward－Jump on $L$ and flick $R$
3－4 Kick forward $R$－Jump on $R$ and flick $L$
5－6 Stomp up $L$ next to $R$－Kick $L$ forward
7－8 Step on $L$ next to $R$－Stomp up $R$ next to $L$
Restart in 8th wall
Sect 3 GRAPEVINE，SCUFF， $1 ⁄ 4$ GRAPEVINE TURN，SCUFF
1－2 Side step $R$－Cross $L$ behind $R$
3－4 Side step $R$－Scuff $L$ next to $R$
5－6 Side step $L$－Cross $R$ behind $L$
7－8 $\quad 1 / 4$ Turn left and step forward $L$－Scuff $R$ next to $L$
Sect 4 JUMPING JAZZ BOX，HITCH，STOMP UP，STOMP，SCUFF
1－2 Cross R in front of $L$－Kick forward $R$
3－4 Kick forward $L$－Cross $L$ in front of $R$
5－6 Jump on $R$ and hitch $L$－Stomp up $L$ next to $R$
7－8 Stomp L forward－Scuff R next to $L$
Sect 5 LOCK STEP，SCUFF，LOCK STEP，SCUFF
1－2 Step forward $R$－Lock $L$ behind $R$
3－4 Step forward $R$－Scuff $L$ next to $R$
5－6 Step forward $L$－Lock $R$ behind $L$
7－8 Step forward L－Scuff R next to $L$
Sect 6 ROCK，RECOVER， $1 ⁄ 2$ TURN，HOLD，FULL TURN，STEP，HOLD
1－2 Rock step forward R－Recover $L$
3－4 $1 / 2$ Turn right and step forward $R$－Hold
5－6 $\quad 1 / 2$ Turn right and step back $L-1 / 2$ Turn right and step forward $R$
7－8 Step forward L－Hold
Sect 7 ROCK，RECOVER， $1 ⁄ 4$ TURN，HOLD，CROSS ROCK，RECOVER，SIDE STEP，HOLD
1－2 Rock step forward R－Recover L
3－4 $\quad 1 / 4$ Turn right and step side $R$－Hold
5－6 Cross rock step $L$ in front of $R$－Recover $R$
7－8 Side Step L－Hold

## Sect 8 JUMPING BACK ROCK，RECOVER，STOMP UP，JUMPING BACK ROCK，RECOVER，2X STOMP

UP，HOLD
1－2 Jumping diagonal back rock $R$ to right－Recover $L$
3－4 Stomp up $R$ next to $L$－Jumping diagonal back rock $R$ to right

