

Back in Time

拍数: 40 墙数: 4 级数: Intermediate
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音乐: Back In Time (From Men In Black III) - Pitbull : (Men In Black 3 OST)



Intro: 48 counts (22 seconds) weight starts even between feet.

Dance starts with the last 8 counts (33-40) with 3 restarts, all after 32nd count on wall 2 (while facing 6 o'clock), and walls 5 & 9 (both while facing 3 o'clock).

[1-8] facing 12 o'clock

Rock right, behind, Right, Forward, 1/4 turn, 1/4 turn, kick left, touch back.

- 1,2,3,4 Right foot rocks out to right on 1, then behind on 2, then right on 3, step forward on 4, prepping for (2) 1/4 turns over right shoulder for 5,6.
5,6 Step left with 1/4 turn over right shoulder on 5 facing 3 o'clock, continue momentum 1/4 turn over right shoulder stepping to right squaring up to 6 o'clock on 6.
7&8 Kick left on 7, recover weight to left on &, right foot touches back on 8.

[9-16] facing 6 o'clock

Point right and hold, switch left and turn, roll it down, and roll it up.

- 1,2,3,4 Point right on 1, and hold on 2, switch to point left on 3, pivot 1/4 turn to left to face 3 o'clock on 4.
5&6 body roll down (head, shoulders, seat).
7&8 Body roll up (push knees, hips, chest).

[17-24] facing 3 o'clock

right kick, point left, left Kick, point right, back paddle 5, 6, 7, together.

- 1&2 Kick right, recover point left.
3&4 Left kick, recover point right.
5,6,7,8 Weight on ball of left foot with knee slightly bent as pivot point, Four 1/4 paddles over right shoulder on 5,6,7, on the last paddle feet come together to complete full turn on 8.

[25-32] facing 3 o'clock (Hour glass)

Back right lock right, slide left, together, forward right lock right, slide left, together.

- 1&2& Traveling backward at diagonal angle to the right - step back right on 1, lock left on &, back right on 2, together on &.
3,4 Step left on 3, slide together on 4.
5&6& Traveling at a forward diagonal angle to the right - step forward right on 5, lock left on &, forward right on 6, together on &.
7,8 Step left on 7, slide together on 8.

[33-40] facing 3 o'clock

Heels out, in, out, R behind, L hitch, behind, side, cross, scuff, stomp.

- 1,2,3,4 Heels out on 1, in on 2, out on 3, right foot steps behind left on 4.
5,6&7&8 Left hitches out with optional kick on 5, left behind right on 6, R steps to right on &, L Crosses right on 7, right scuff on &, R stomp on 8.

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