

Making Time

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Vera Brown (USA)
音乐: 455 Rocket - Kathy Mattea



HEEL-TOE-TOUCHES-HEEL-STRUT

1-2 Touch right heel forward-touch right toe back
3-4 Touch right heel forward-drop toes to the floor (weight)
5-6 Touch left heel forward-touch left toe back
7-8 Touch left heel forward-drop toes to floor (weight)

DWIGHT SWIVEL-RIGHT VINE

9 With weight on left foot-touch right heel to right side
10 Left foot swivel right-touch right toe to right side
11-12 Repeat steps 9-10
13-14 Step to right side with right foot, cross left foot behind right foot
15-16 Step to right with right foot, scuff left foot forward

LEFT VINE WITH ¼ TURN LEFT-STEP TOUCHES

17-18 Step to left side with left foot, cross right foot behind left foot
19-20 Step left foot into ¼ turn left-scuff right foot forward
21-22 Step right foot to right side, touch left foot diagonally forward in front of left foot
23-24 Step left foot to left side, touch right foot diagonally forward in front of left foot

PIVOT TURN-PIVOT TURN-FORWARD ROCK-BACK ROCK

25-26 Step forward on right foot- pivot ½ turn left changing weight to left foot
27-28 Step forward on right foot- pivot ½ turn left changing weight to left foot
29-30 Rock forward on right foot-step back on left foot
31-32 Rock back on right foot-step forward on left foot

TURNING STEP SCUFF TO LEFT

33-34 Step right foot into ¼ turn left, scuff left foot
35-36 Step left onto ¼ turn left, scuff right foot
37-38 Step right foot into ¼ turn left, scuff left foot
39-40 Step left foot into ¼ turn left, scuff right foot

Steps 33-40 turn full turn almost in place

SHUFFLE FORWARD ROCK STEP-SHUFFLE BACK ROCK STEP

41&42 Shuffle forward right-left-right
43-44 Rock forward on left foot-step in place on right foot
45&46 Shuffle backwards left-right-left
47-48 Rock back on right foot-step in place on left foot

REPEAT