

# Metronome

拍数: 32      墙数: 4      级数: Improver  
编舞者: Gaye Teather (UK)  
音乐: Precious Time - Dave Sheriff



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## RIGHT CHASSE, CROSS ROCK, LEFT CHASSE WITH QUARTER TURN LEFT, STEP FORWARD RIGHT, PIVOT HALF TURN LEFT

- 1&2      Step right to right side, close left to right, step right to right side
- 3-4      Cross rock left foot over right, recover weight back onto right foot
- 5&6      Step left to left side, close right to left, step left quarter turn left
- 7-8      Step forward on right foot, pivot half turn left

## ROCK FORWARD RIGHT, RECOVER, HITCHES & SCOOTs BACK, STEP BACK, TAP LEFT ACROSS, LEFT LOCK STEPS FORWARD

- 9-10      Rock forward on right foot, recover weight back onto left
- &11      Hitch right knee while scooting back on left foot, step back on right
- &12      Hitch left knee while scooting back on right foot, step back on left
- &13      Hitch right knee while scooting back on left foot, step back on right
- 14      Tap left toe across right foot
- 15&16      Step forward on left, lock right behind left, step forward on left

## SYNCOATED TOE AND HEEL TAPS

- 17-18      Tap right toes behind left foot twice
- &19-20      Transfer weight quickly back onto right foot, tap left heel forward twice
- &21-22      Bring left foot back into place and tap right toes behind left foot twice
- &23-24      Transfer weight quickly back onto right foot, tap left heel forward twice

## ROCK STEP, SHUFFLE HALF TURN RIGHT, ROCK STEP, COASTER STEP

- &25-26      Bring left foot back into place, rock forward onto right, recover onto left
- 27&28      Shuffle half turn right stepping right, left right
- 29-30      Rock forward onto left foot, recover back onto right
- 31&32      Step back left, close right next to left, step forward left

## REPEAT

When dancing to the Tom Jones track you may wish to substitute the following variation to reflect the song's theme!!

- &21-24      Rotate hips twice to the left over 4 counts or alternatively do a body roll forward.
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