

Precious

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Unknown
音乐: Precious Time - Van Morrison



The choreographers are named Simon, Sheila, Andrew, Fay & Lynn

- 1&2 Chasse' left
3-4 Rock right across left, step left to left with $\frac{1}{4}$ turn right
5&6 Step right $\frac{1}{4}$ turn right, step left in place, step right side right
7-8 Rock left across right, recover weight to right
- 1&2 Step left side left, step right in place, step left $\frac{1}{4}$ turn left
3-4 Full turn left (still moving forward) stepping right then left
5&6 Shuffle forward right
7-8 Rock left forward, recover weight to right
- 1&2 Chasse' left
3&4 Shuffle forward right
5-6 Rock left side left, recover weight to right
7&8 Left sailor step
- 1&2 Right kick-ball touch (move left knee across right slightly)
3&4 Left kick-ball touch (move right knee across left slightly)
5-6 Step right $\frac{1}{4}$ turn right, touch left in place
Lift weight from left heel, right fully down
7-8 Step left $\frac{1}{4}$ turn left, touch right in place
Lift weight from right heel, left fully down
- 1&2 Kick right foot forward, step right in place, step left $\frac{1}{4}$ turn left
3-4 Point right toe side right, hitch right knee across left
5-6 Point right toe side right, hitch right knee across left
7&8 Shuffle forward right
- 1-2 Rock left forward, recover weight to right
3&4 Shuffle back left (body angled slightly left)
5-6 Rock right back, recover weight to left
7&8 Right kick-ball touch
- 1-4 Vine left, touch right
5-7 Rolling vine right (stepping right-left-right a full turn)
8 Hitch left with $\frac{1}{2}$ turn right
- 1-4 Vine left, step right fully in place beside left
5-8 Both heels swivel right, both toes right, both heels to center, hold and clap

REPEAT