

# 60 Seconds

拍数: 48      墙数: 4      级数:  
编舞者: Peter Metelnick (UK) & Alison Metelnick (UK)  
音乐: It Only Takes a Minute - Take That



## RIGHT MODIFIED "FIGURE 8" VINE

1-2            Step right to right side, cross step left behind right  
3-4            Turning ¼ right step right forward, step left forward  
5-6            Pivot ½ right weight ending on right, turning ¼ right step left to left side  
7&8           Step right behind left, turning ¼ left step left forward, step right forward

## LEFT FORWARD ROCK & RECOVER, LEFT TOGETHER, RIGHT HEEL FORWARD & HOLD, RIGHT TOGETHER, LEFT FORWARD ROCK & RECOVER, ½ LEFT FORWARD SHUFFLE

1-2&           Rock left forward, recover weight on right, step left together  
3-4&           Touch right heel forward, hold, step right together  
5-6            Rock left forward, recover weight on right  
7&8            Turning ½ left step left forward, step right together, step left forward

## LEFT FORWARD FULL TURN, RIGHT FORWARD ROCK & RECOVER, RIGHT TOGETHER, LEFT HEEL FORWARD & HOLD, LEFT TOGETHER, RIGHT FORWARD, ¼ LEFT PIVOT TURN

1-2            Turning ½ left step right back, turning ½ left step left forward

**Non-turning option: step right forward, step left forward**

3-4&           Rock right forward, recover weight on left  
5-6&           Touch left heel forward, hold, step left together  
7-8            Step right forward, pivot ¼ right (weight ends on left)

## RIGHT CROSS SHUFFLE, ¼ RIGHT TURN, LEFT SIDE STEP, RIGHT TOUCH & CLAP 2X, ¼ LEFT & RIGHT BACK, LEFT TOUCH & CLAP 2X

1&2            Cross step right over left, step left to left, cross step right over left  
3-4            Turning ¼ right step left back, turning ½ right step right forward  
5&6            Step left to left side, touch right together clap, & clap  
7&8            Turning ¼ left step right back, touch left together clap, & clap

## VINE LEFT 2, LEFT BACK, TOUCH RIGHT HEEL FORWARD & HOLD, RIGHT BACK, LEFT CROSS STEP OVER, ¼ LEFT & RIGHT BACK, ½ LEFT & LEFT FORWARD SHUFFLE

1-2            Step left to left side, cross step right behind left  
&3-4           Step left back, touch right heel forward, hold  
&5-6           Step right back, cross step left over right, turning ¼ left step right back  
7&8            Turning ½ left step left forward, step right together, step left forward

**Non-turning option: step right back, cross step right over left turning ¼ right, step right forward**

7&8            Step right forward, step left together, step right forward

## RIGHT FORWARD, ½ LEFT PIVOT TURN, RIGHT FORWARD SHUFFLE, LEFT FORWARD ROCK & RECOVER, LEFT COASTER STEP

1-2            Step right forward, pivot ½ left  
3&4            Step right forward, step left together, step right forward  
5-6            Rock left forward, recover weight on right  
7&8            Step left back, step right together, step left forward

**REPEAT**