

60 Seconds

拍数: 48 墙数: 4 级数:
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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 $\frac{1}{4}$ right step right forward, step left forward
5-6 Pivot $\frac{1}{2}$ right weight ending on right, turning $\frac{1}{4}$ right step left to left side
7&8 Step right behind left, turning $\frac{1}{4}$ left step left forward, step right forward

LEFT FORWARD ROCK & RECOVER, LEFT TOGETHER, RIGHT HEEL FORWARD & HOLD, RIGHT TOGETHER, LEFT FORWARD ROCK & RECOVER, $\frac{1}{2}$ 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 $\frac{1}{2}$ 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, $\frac{1}{4}$ LEFT PIVOT TURN

1-2 Turning $\frac{1}{2}$ left step right back, turning $\frac{1}{2}$ 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 $\frac{1}{4}$ right (weight ends on left)

RIGHT CROSS SHUFFLE, $\frac{3}{4}$ RIGHT TURN, LEFT SIDE STEP, RIGHT TOUCH & CLAP 2X, $\frac{1}{4}$ 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 $\frac{1}{4}$ right step left back, turning $\frac{1}{2}$ right step right forward
5&6 Step left to left side, touch right together clap, & clap
7&8 Turning $\frac{1}{4}$ 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, $\frac{1}{4}$ LEFT & RIGHT BACK, $\frac{1}{2}$ 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 $\frac{1}{4}$ left step right back
7&8 Turning $\frac{1}{2}$ left step left forward, step right together, step left forward

Non-turning option: step right back, cross step right over left turning $\frac{1}{4}$ right, step right forward

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

RIGHT FORWARD, $\frac{1}{2}$ LEFT PIVOT TURN, RIGHT FORWARD SHUFFLE, LEFT FORWARD ROCK & RECOVER, LEFT COASTER STEP

1-2 Step right forward, pivot $\frac{1}{2}$ 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