

This Time

拍数: 32 墙数: 4 级数: Intermediate/Advanced
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音乐: This Time - JoJo



¼ HITCH-COASTER, HITCH-STEP, OUT/OUT & CROSS, ½ TURN

1-2 Hitch left knee up while doing ¼ turn left, step back on left foot
&3 Step right back beside of left, step left foot forward
&4 Hitch right knee up, step down and forward on right foot
5-6 Step/rock left foot out to left side, step/rock right foot out to right side
&7 Step left in towards right, cross right over
&8 Step left forward starting ½ turn to left, touch right toe to right completing the ½ turn

The 1st hitch isn't a sharp hitch; kind of roll it up and around while doing the turn

¼ TURN-STEPS WITH BODY ROLLS, TOUCH TWICE, ½ TURN-TOUCH, STEP-¼ TURN TOUCH

1&2 ¼ turn right stepping right forward, step left behind right, step right forward
&3 Step left behind right, step right foot forward
&4 Step left behind right, touch right toe forward
&5 Step right beside of left, touch left toe back
&6 ½ turn left stepping down on that left foot, touch right toe beside left foot
7&8 Take big step back on right foot, ¼ turn left stepping left to left side, touch right toe right side

When you step forward on 1, start your body roll by pushing your chest up and forward. On &, roll it down to your stomach. On 2, weight should be on the left and you should finish your body roll. Do the same for the next steps

ROCK OUT WITH BODY ROLL TWICE, & STEP, WALKS X 4 WITH ½ TURN

1-2 Step/rock out to right, recover back on left
3&4 Step right out to right side, step left beside right, step right out to right side
5-8 ¼ turn left stepping left forward, ¼ turn left stepping right to side, walk forward left, right

Optional: as you do 1-4 do a body roll to the left

ROCK & CROSS TWICE, ROCK AND TOUCH, ½ TURN HITCH, STEP-TOUCH, RIGHT STEP OUT

1&2 Rock left out to left side, recover back on right, cross left over right
3&4 Rock right out to right side, recover back on left, cross right over left
5&6 Rock forward on left, recover back on right, touch left toe back
&7 ½ turn left hitching left knee up, step forward on that left foot
8& Touch right toe forward, step right out to right side

REPEAT