

# Time

拍数: 40                      墙数: 4                      级数: Improver  
编舞者: Sally Blair (USA)  
音乐: If You Just Let Me Into Your Heart - Mary Chapin Carpenter



## **POINT TOES OUT, IN, OUT, CLAP, WEIGHT CHANGES AND CLAPS**

- 1-2                      Point left toes out to left side, touch left toes beside right foot
- 3-4                      Point left toes out to left side, hold as you clap
- 5-6                      Change weight to left foot and touch right toes out to right side, clap
- 7-8                      Change weight to right foot and touch left toes out to left side, clap

## **WEIGHT CHANGE-RIGHT TOES OUT, IN, OUT, CLAP, 2 KICK-BALL-CHANGES**

- 9-10                     Change weight to left foot and touch right toes out to right side, touch right toes beside left foot
- 11-12                   Touch right toes out to right side, clap
- 13&14                   Kick right foot forward & step down on ball of right foot beside left, change weight to left foot
- 15&16                   Kick right foot forward & step down on ball of right foot beside left, change weight to left foot

## **STEP, PIVOT, REPEAT, STOMP, TOUCH, KICK-BALL-CHANGE**

- 17-18                   Step forward on right foot, pivot  $\frac{1}{2}$  turn to left
- 19-20                   Repeat steps 17-18 (weight ends up on left foot)
- 21-22                   Stomp right foot beside left, touch left foot beside right
- 23&24                   Kick left foot forward & step down on ball of left foot beside right, change weight to right foot

## **KICK-BALL-CHANGE, STEP, PIVOT, STEP, PIVOT, STOMP, STOMP**

- 25&26                   Kick left foot forward & step down on ball of left foot beside right, change weight to right foot
- 27-28                   Step forward on left foot, pivot  $\frac{1}{2}$  turn to right
- 29-30                   Repeat steps 27-28 (weight ends up on right foot)
- 31-32                   Stomp left foot beside right, stomp right foot beside left

## **HEEL TOE SWIVELS, STEP, PIVOT $\frac{1}{4}$ TURN), STOMP, CLAP**

- 33-34                   Moving to right swivel heels to right, swivel toes (both feet) to right
- 35-36                   Swivel heels to right, swivel toes (both feet) to right (weight ends up on left foot)
- 37-38                   Step forward on right foot, pivot turn  $\frac{1}{4}$  turn to the left
- 39-40                   Stomp right foot beside left (weight ends up on right foot), clap

**REPEAT**

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