

From Time To Time

COPPER **NOB**
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
编舞者: BJ The DJ (UK)
音乐: From Time to Time - Rascal Flatts



SYNCOPATED ROCKS TO RIGHT AND LEFT

1-2&3-4 Rock right to right side, recover on left, close right to left, rock left to left side, recover on right
5-6&7-8 Rock left to left side, recover on right, close left to right, rock right to right side, recover on left

RIGHT AND LEFT SAILOR SHUFFLES, HEEL TOUCHES WITH ¼ TURN RIGHT, COASTER STEP

1&2-3&4 Cross right behind left, rock left to left side, recover on right, cross left behind right, rock right to right side, recover on left
5-6 Touch right heel forward, turn ¼ turn right and touch right heel forward
7&8 Step right back, close left to right, step right forward

LEFT SHUFFLE FORWARD, PIVOT ½ TURN WITH HOOK, SHUFFLE FORWARD, ROLLING FULL TURN, SHUFFLE ½ TURN

1&2-3-4 Shuffle forward left right left, step right forward, ½ pivot turn over left shoulder bring left foot across right shin
5&6-7-8 Shuffle forward left right left, turn ½ turn over left shoulder on ball of left foot stepping right back, turn ½ turn over left shoulder on ball of right stepping left forward

SHUFFLE ½ TURN LEFT, ROCKS AND COASTER STEP

1&2-3-4 Shuffle right left right turning ½ turn over left shoulder, rock left back, recover on right
5-6-7&8 Rock left forward, recover on right, step left back, close right to left step left forward

REPEAT
