

Every Second

拍数: 68 墙数: 2 级数: Intermediate
编舞者: Jan Wyllie (AUS)
音乐: Every Second Every Minute Every Hour - Collin Raye



¼ ROCK RETURN, ¼ TURN HOLD, CROSS/ROCK RETURN, ¼ TURN HOLD

- 1-2 Making ¼ right rock/step forward on right, rock back on left
3-4 Making ¼ right step right to right side hold (6:00)
5-6 Cross/rock left over right, rock back on right
7-8 Making ¼ left step forward on left, hold (3:00)

STEP PIVOT ¼, STEP FORWARD HOLD, STEP PIVOT ½, STEP FORWARD HOLD

- 9-10-11-12 Step forward on right, pivot ¼ left transferring weight to left, step forward on right, hold
13-14-15-16 Step forward on left, pivot ½ right transferring weight to right, step forward on left, hold (6:00)

STRUT FORWARD, SIDE/STEP TOGETHER, STEP FORWARD HOLD

- 17-18-19-20 Strut forward right, left
21-22-23-24 Step right to right, step left beside right, step forward on right

SIDE/STEP TOGETHER STEP FORWARD HOLD, ROCK RETURN STEP BACK HOLD

- 25-26-27-28 Step left to left, step right beside left, step forward on left, hold
29-30-31-32 Rock/step forward on right, rock back on left, step back on right, hold

BACK LOCK STEP HOLD, ¼ TOGETHER ¼ HOLD

- 33-34-35-36 Step back on left, lock/step right across left, step back on left, hold
37-38-39-40 Making ¼ right step right to right, step left beside right, making ¼ right step forward on right, hold

STEP PIVOT ¼ STEP HOLD, HEEL FORWARD HOLD, TOE BESIDE HOLD

- 41-42-43-44 Step forward on left, pivot ¼ right transferring weight to right, step forward on left, hold
45-46-47-48 Touch right heel forward, hold, touch right toe beside right, hold

SIDE STEP TOGETHER ¼ TURN HOLD, ROCK RETURN STEP BACK TOUCH

- 49-50-51-52 Step right to right, step left beside right, making ¼ right step forward on right, hold
53-54-55-56 Rock/step forward on left, rock back on right, step back on left, touch right beside left

VINE RIGHT - TOUCH, DIAGONAL LOCK/STEP - TOUCH, RIGHT KNEE ROLL-LEFT KNEE ROLL

- 57-58-59-60 Vine right stepping right, left, right, touch left beside right
61-62 Step left forward towards the left corner, lock/step right behind left
63-64 Step left forward towards left corner, touch right beside left
65-66-67-68 Roll right knee out, take weight on right, roll left knee out, take weight on left

REPEAT

RESTART

There is a restart after count 20 on wall 3