

Double Time

拍数: 66 墙数: 2 级数:
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音乐: I Like It, I Love It - Tim McGraw



FORWARD, HIPS BUMPS

- 1 Step forward and diagonally to the right on right foot and bump hips to the right
- & Bump hips back and diagonally to the left
- 2 Bump hips forward and diagonally to the right
- 3 Step forward and diagonally to the left on left foot and bump hips to the left
- & Bump hips back and diagonally to the right
- 4 Bump hips forward and diagonally to the left
- 5-8 Repeat beats 1 through 4

RIGHT KICK BALL CHANGES, MILITARY PIVOT TO THE LEFT, STEP, HEEL TOUCH

- 9 Kick right foot forward
- & Step on ball of right foot next to left
- 10 Step left foot next to right
- 11&12 Repeats beats 9&10
- 13 Step forward on right foot
- 14 Pivot ½ turn to the left on ball of right foot and shift weight to left foot
- 15 Step forward on right foot
- 16 Touch left heel forward and diagonally to the left

HOP SWITCHES, PIVOT, HOP SWITCHES

- & Hop home onto left foot
- 17 Touch right heel forward
- & Step to home on right foot
- 18 Touch left heel forward
- & Step to home on left foot
- 19 Touch right heel forward
- & Touch left toe back
- 20-21 Pivot ½ turn to the left on ball of right foot and touch left heel forward
- & Step to home on left foot
- 22 Touch right heel forward
- & Step to home on right foot
- 23 Touch left heel forward
- & Step to home on left foot
- 24 Touch right toe back

SYNCOPATED SIDE TOE TOUCHES, TURN, HEEL TOUCH

- 25 Touch right toe to the right
- & Step to home on right foot
- 26 Touch left toe to the left
- & Step to home on left foot
- 27 Touch right toe to the right
- & Step to home on right foot making a ¼ turn to the left with the step
- 28 Touch left heel forward

STOMPS, LEG FLARE TURNS

- 29 Stomp left foot next to right (stomp up)

- 30-31 Swing left leg around to the left while making a 1/2 turn to the left on ball of right foot on these two beats
- 32 Step left foot next to right
- 33 Stomp right foot next to left (stomp up)
- 34-36 Swing right leg around to the right while making a 1/2 turn to the right on ball of left foot on these three beats (weight still on left foot when completed)

OUT-OUT, IN-IN SYNCOPATIONS

- & Step to the right on right foot
- 37 Step left foot about shoulder width apart from right
- 38 Hold and clap hands
- & Step right foot to home
- 39 Step left foot next to right
- 40 Hold and clap hands
- & Step to the right on right foot
- 41 Step left foot about shoulder width apart from right
- & Step right foot to home
- 42 Step left foot next to right
- &43 Repeats beats &41
- &44 Repeat beats &42

RUNNING MAN, ROCK STEPS

- 45 Step forward on right foot
- & Scoot back on right foot while slightly raising left knee
- 46 Step forward on left foot
- & Scoot back on left foot while slightly raising right knee
- 47 Step forward on right foot
- 48 Rock back onto left foot in place
- 49 Step forward on right foot
- & Scoot back on right foot while slightly raising left knee
- 50 Step forward on left foot
- & Scoot back on left foot while slightly raising right knee
- 51 Step forward on right foot
- & Scoot back on right for while slightly raising left knee
- 52 Step forward on left foot
- 53 Rock back on right foot in place
- 54 Step forward on left foot
- & Scoot back on left foot while slightly raising right knee

VINE RIGHT, TOGETHER, ROMPS

- 55 Step to the right on right foot
- 56 Cross left foot behind right and step
- 57 Step to the right on right foot
- 58 Step left foot next to right
- & Step back on ball of right foot
- 59 Touch left heel forward
- & Step to home on ball of left foot
- 60 Touch right toe next to left instep
- & Step down on right foot in place and step back on ball of left foot
- 61 Touch right heel forward
- & Step to home on ball of right foot
- 62 Touch right toe next to left instep

ROLLING TURN LEFT, HITCH

- 63 Step to the left and begin $1\frac{1}{4}$ turn to the left traveling to the left
- 64 Step on right foot and continue $1\frac{1}{4}$ to the left traveling turn
- 65 Step on left foot and complete $1\frac{1}{4}$ to the left traveling turn
- 66 Hitch right knee

REPEAT
