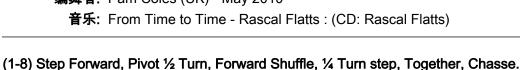
And In Between

拍数: 64

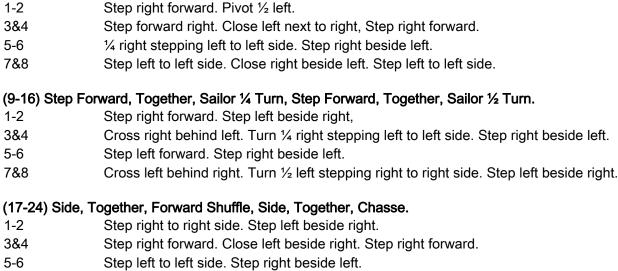
级数: Intermediate

编舞者: Pam Coles (UK) - May 2010

音乐: From Time to Time - Rascal Flatts : (CD: Rascal Flatts)



墙数:2



7&8 Step left to left side. Close right beside left. Step left to left side.

(25-32) Cross Rock, ¼ Turn shuffle, Walk, Walk, Forward Mambo.

- 1-2 Cross rock right over left. Recover onto left.
- 3&4 1/4 turn right stepping right forward. Close left beside right. Step Forward right.
- 5-6 Walk forward left. Walk forward right.
- 7&8 Rock forward on left. Rock back on right. Step back on left.

(33-40) Walk Back, Walk Back, ¹/₂ Turn shuffle, Pivot ¹/₄, Cross Shuffle.

- Walk back right. Walk back left. 1-2
- 3&4 1/2 turn right stepping right forward. Close left beside right. Step forward right.
- 5-6 Step forward left. Pivot 1/4 turn right.
- 7&8 Cross left over right. Step right to right side. Cross left over right.

(41-48) Side Rock, Behind Side Cross, Side Rock, ¼ Turn Coaster Step.

- 1-2 Rock right to right side. Recover onto left.
- Step right behind left. Step left to left side. Cross right over left. 3&4
- 5-6 Rock left to left side. Recover onto right.
- 7&8 ¹/₄ turn left stepping left back. Step right beside left. Step left forward.

(49-56) Pivot 1/2 Turn, 1/4 Turn chasse, Back Rock, Chasse.

- 1-2 Step forward right. Pivot 1/2 turn left.
- 3&4 1/4 turn left stepping right to right side. Close left beside right. Step right to right side.
- 5-6 Rock left behind right. Recover onto right.
- 7&8 Step left to left side. Close right beside left. Step left to left side.

(57-64) Cross Rock, ¼ Turn Shuffle, Forward Rock, ¼ Turn chasse.

- 1-2 Cross rock right over left. Recover onto left.
- 3&4 ¼ turn right stepping forward right. Close left beside right. Step forward right.
- Forward rock on left. Recover onto right. 5-6
- 7&8 1/4 turn left stepping left to left side. Close right beside left. Step left to left side.



(1-8) Step Forward, Pivot 1/2 Turn, Forward Shuffle, 1/4 Turn step, Together, Chasse.

- 1-2 Step right forward. Pivot ½ left.
- 3&4 Step forward right. Close left next to right, Step right forward.
- 5-6 ¹⁄₄ right stepping left to left side. Step right beside left.
- 7&8 Step left to left side. Close right beside left. Step left to left side.

(9-16) Step Forward, Together, Sailor ¼ Turn, Step Forward, Together, Sailor ½ Turn.

- 1-2 Step right forward. Step left beside right,
- 3&4 Cross right behind left. Turn ¼ right stepping left to left side. Step right beside left.
- 5-6 Step left forward. Step right beside left.
- 7&8 Cross left behind right. Turn ½ left stepping right to right side. Step left beside right.

(17-24) Side, Together, Forward Shuffle, Side, Together, Chasse.

- 1-2 Step right to right side. Step left beside right.
- 3&4 Step right forward. Close left beside right. Step right forward.
- 5-6 Step left to left side. Step right beside left.
- 7&8 Step left to left side. Close right beside left. Step left to left side.

(25-32) Cross Rock, ¼ Turn shuffle, Walk, Walk, Forward Mambo.

- 1-2 Cross rock right over left. Recover onto left.
- 3&4 ¼ turn right stepping right forward. Close left beside right. Step Forward right.
- 5-6 Walk forward left. Walk forward right.
- 7&8 Rock forward on left. Rock back on right. Step back on left.

(33-40) Walk Back, Walk Back, 1/2 Turn shuffle, Pivot 1/4, Cross Shuffle.

- 1-2 Walk back right. Walk back left.
- 3&4 ¹/₂ turn right stepping right forward. Close left beside right. Step forward right.
- 5-6 Step forward left. Pivot ¼ turn right.
- 7&8 Cross left over right. Step right to right side. Cross left over right.

(41-48) Side Rock, Behind Side Cross, Side Rock, ¼ Turn Coaster Step.

- 1-2 Rock right to right side. Recover onto left.
- 3&4 Step right behind left. Step left to left side. Cross right over left.
- 5-6 Rock left to left side. Recover onto right.
- 7&8 ¼ turn left stepping left back. Step right beside left. Step left forward.

(49-56) Pivot ½ Turn, ¼ Turn chasse, Back Rock, Chasse.

- 1-2 Step forward right. Pivot ½ turn left.
- 3&4 ¹/₄ turn left stepping right to right side. Close left beside right. Step right to right side.
- 5-6 Rock left behind right. Recover onto right.
- 7&8 Step left to left side. Close right beside left. Step left to left side.

(57-64) Cross Rock, ¼ Turn Shuffle, Forward Rock, ¼ Turn chasse.

- 1-2 Cross rock right over left. Recover onto left.
- 3&4 ¼ turn right stepping forward right. Close left beside right. Step forward right.
- 5-6 Forward rock on left. Recover onto right.
- 7&8 ¼ turn left stepping left to left side. Close right beside left. Step left to left side.

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