

And In Between

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Pam Coles (UK) - May 2010
音乐: From Time to Time - Rascal Flatts : (CD: Rascal Flatts)



(1-8) Step Forward, Pivot ½ Turn, Forward Shuffle, ¼ 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 ¼ 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, ½ Turn shuffle, Pivot ¼ , Cross Shuffle.

1-2 Walk back right. Walk back left.
3&4 ½ 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 ¼ 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.

(1-8) Step Forward, Pivot ½ Turn, Forward Shuffle, ¼ 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 ¼ 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, ½ Turn shuffle, Pivot ¼ , Cross Shuffle.

- 1-2 Walk back right. Walk back left.
- 3&4 ½ 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 ¼ 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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