

# 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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