

Sands Of Time

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Ria Vos (NL) - December 2010
音乐: The Sands Of Time (Flamenco Edit) - United DJ's & Pandora : (Album:
Celebration)



Intro: 16 counts from where the beat comes in, on vocals

Cross, Point, Cross, Side Rock, Cross, Point, Samba ¼ Turn L

1-2 Cross R Over L, Point L to Left Side
3&4 Cross L Over R, Rock R to Right Side, Recover on L
5-6 Cross R Over L, Point L to Left Side
7&8 Cross L Over R, ¼ Turn Left Step Back on R, Step L Next to R (9:00)

Cross, Side, Sailor ¼ Turn Cross, 1/4 Turn L, 1/2 Turn L, Shuffle ½ Turn L

1-2 Cross R Over L, Step L to Left Side
3&4 Turning ¼ Turn Right Step R Behind L, Step L To Left Side, Cross R Over L (12:00)
5-6 ¼ Turn Left Step Fwd on L, ½ Turn Left Step Back on R (3:00)
7&8 ¼ Turn Left Step L to Left Side, Step R Next to L, ¼ Turn Left Step Fwd on L (9:00)

Mambo Fwd, Lock Step Back, Full Turn R, Coaster Cross

1&2 Rock Fwd on R, Recover on L, Step Back on R
3&4 Step Back on L, Lock R Over L, Step Back on L
5-6 ½ Turn Right Step Fwd on R, ½ Turn Right Step Back on L (9:00)
7&8 Step Back on R, Step L Next to R, Cross R Over L

& Cross, Side, Behind & Heel Ball Cross, Hold, & Cross & Cross (Turning 1/2 Turn L)

&1-2 Step on Ball of L to Left Side, Cross R Over L, Step L to Left Side
3& Step R Behind L, Step L to Left Side
4&5 Touch R Heel Fwd to Right Diagonal, Step R Next to L, Cross L Over R
6 Hold
&7&8 Step R to Right Side, Cross L Over R, Step R to Right Side, Cross L Over*Note Below
***Gradually Turning ½ Turn Left on counts &7&8 (end facing 3:00)**

Side Rock, & Point, 1/4 Turn L, Point, Kick & Point, & Side Rock

1-2 Rock R to Right Side, Recover on L
&3 Step R Next To L, Point L to Left Side
&4 ¼ Turn Left Step L Next to R, Point R to Right Side (12:00)***Restart Point wall 2
5&6 Kick R Fwd, Step R Next to L, Point L to Left Side
&7-8 Step L Next to R, Rock R to Right Side, Recover on L

Behind-Side-Cross, Side Rock, Behind, ¼ Turn R, Step Fwd, Kick & Kick &

1&2 Step R Behind L, Step L to Left Side, Cross R Over L
3-4 Rock L to Left Side, Recover on R
5&6 Step L Behind R, ¼ Turn Right Step Fwd on R, Step Fwd on L (3:00)
7& Kick R Fwd to Left Diagonal, Step R Next to L,
8& Kick L Fwd to Right Diagonal, Step L Next to R

Restart: There is one Restart on wall 2, After count 36 (3:00)