

Nick of Time

拍数: 64 墙数: 4 级数: Improver
编舞者: Chris Hodgson (UK) - September 2013
音乐: Nick of Time - Bonnie Raitt : (CD: The Best of Bonnie Raitt)



Intro 48 Counts - Start On Vocals

[1-8] SIDE-TOGETHER / SHUFFLE FORWARD / SIDE-TOGETHER / COASTER STEP

1-2 Step Right To Right Side, Step Left Next To Right
3&4 Step Forward On Right, Step Left Next To Right, Step Forward On Right
5-6 Step Left To Left Side, Step Right Next To Left
7&8 Step Back On Left, Step Right Next To Left, Step Forward On Left

[9-16] FORWARD ROCK / SHUFFLE 1/2 TURN / STEP-LOCK / STEP-LOCK-STEP

1-2 Step Forward On Right, Rock Back Onto Left
3&4 1/2 Turn Right Stepping Forward On Right, Step Left Next To Right, Step Forward On Right
(6)
5-6 Step Forward On Left, Lock Left Behind Right
7&8 Step Forward On Left, Lock Left Behind Right, Step Forward On Left

[17-24] STEP-1/4 TURN / CROSS SHUFFLE / SIDE ROCK / BEHIND-SIDE-CROSS

1-2 Step Forward On Right. Pivot 1/4 Turn Left (3)
3&4 Cross Right Over Left, Step Left To Left Side, Cross Right Over Left
5-6 Step Left To Left Side, Rock Weight Onto Right
7&8 Cross Left Behind Right, Step Right To Right Side, Cross Left Over Right

[25-32] CHASSE-BACK ROCK / 1/4 TURN CHASSE-BACK ROCK

1&2 Step Right To Right Side, Step Left Next To Right, Step Right To Right Side
3-4 Step Back On Left, Rock Forward Onto Right
5&6 1/4 Turn Right Stepping Left To Left Side, Step Right Next To Left, Step Left To Left Side (6)
7-8 Step Back On Right, Rock Forward Onto Left

[33-40] POINT-HOLD / TOG-POINT-HOLD / TOG-STEP-1/4 TURN x 2

1-2& Point Right To Right Side, Hold, Step Right Next To Left
3-4& Point Left To Left Side, Hold, Step Left Next To Right
5-8 Step Forward On Right, Pivot 1/4 Turn Left, Step Forward On Right, Pivot 1/4 Turn Left (12)

[41-48] WALK FORWARD x 2 / MAMBO STEP / WALK BACK x 2 / MAMBO STEP

1-2 Step Forward On Right, Step Forward On Left
3&4 Step Forward On Right, Rock Back Onto Left, Step Right Next To Left
5-6 Step Back On Left, Step Back On Right
7&8 Step Back On Left, Rock Forward Onto Right, Step Left Next To Right

[49-56] STEP-1/4 TURN / CROSS ROCK-SIDE / CROSS POINT x 2

1-2 Step Forward On Right, Pivot 1/4 Turn Left (9)
3&4 Cross Right Over Left, Rock Back Onto Left, Step Right To Right Side
5-8 Cross Left Over Right, Point Right To Right Side, Cross Right Over Left, Point Left To Left Side

[57-64] SAILOR 1/4 TURN / STEP-1/4 TURN / JAZZ BOX

1&2 1/4 Turn Left Crossing Left Behind Right, Step Right To Right Side, Step Left To Left Side (6)
3-4 Step Forward On Right, Pivot 1/4 Turn Left (3)
5-8 Cross Right Over Left, Step Back On Left, Step Right To Right Side, Step Left Next To Right

BEGIN AGAIN

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