Take All This Time



拍數: 32 牆數: 2 級數: Improver NC2S

編舞者: Sebastiaan Holtland (NL) - March 2014

音樂: Not a Day Goes By - Lee Matthews: (CD: A Little Bitty Country 2014)



(Sequence: 32, 32, 22, Restart, 32, 32, 22, Restart, 32, 30, ending). . Intro 8 counts after playing the piano, start at the vocals.

Sec 1: 1/8 R. Step, 1/8 R, Side, 1/8 R, Step, Runs Fwd R-L, Arabesque (Lift Right Leg Backwards), 1/8 L, Replace, 1/8 L, Side, 1/8 L, Step, 1/8 L, Small Step, Hitch Raise R, Ronde R.

8&1 Turn 1/8 right step Lt back, turn 1/8 right step Rt to the right, turn 1/8 right step Lt fwd.

2&3 Stepping Rt fwd, stepping Lt fwd, lift right leg backwards.

4&5 Turn 1/8 left step Rt back in place, turn 1/8 left step Lt to the left, turn 1/8 left step Rt fwd

6&7 Turn 1/8 left step Lt slightly fwd, raise your R knee up, ronde R from front to back.

Sec 2: 1/8 L, Back, 1/8 L, Side, 1/8 L, Step, 1/4 L, Runs Fwd L-R, Step, Sweep R, 2x Cross Rock & Side.

8&1 Turn 1/8 left step Rt back, turn 1/8 left step Lt to the left, turn 1/8 left step Rt fwd (6:00)

2&3 Turn ¼ left (3) stepping Lt fwd, stepping Rt fwd, step Lt fwd and sweep Rt from back to front.

4&5 Cross rock Rt fwd, recover on Lt, step Rt to the right. 6&7 Cross rock Lt fwd, recover on Rt, step Lt to the left.

Sec 3: Full Unwind L with Sweep, Sailor Step, ¼ L, Side Rock, Recover, Step, Side, Together, Step.

Cross Rt over Lt, keeping weight on Rt, unwind a full turn left sweeping Lt from front to back.

2&3 Step Lt behind Rt, step Rt to the right, step Lt slightly fwd.

4&5 Turn ¼ left (12) rock Rt to the right, recover on Lt, step Rt fwd.

Restart here WALL 3/6 after 22 count (facing 12 o'clock) after start again (facing 12 o'clock).

6&7 Step Lf to the left, step Rt next to Lt, step Lt slightly fwd.

Sec 4: Recover, Sweep L, Back, Sweep R, Sailor Step, Fwd Rock, Recover, ¼ L, Side, Behind, ¼ L, Side, Step.

8&1 Recover on Rt and sweep Lt from front to back, step Lt back, sweep Rt from front to back.

Step Rt behind Lt, step Lt to the left, step Rt slightly fwd. 2&3 4&5 Rock Lt fwd, recover on Rt, turn 1/4 left (9) step Lt to the left.

6-7 Step Rt behind Lt, turn ¼ left (6) step Lt to the left, step Rt fwd weight onto Rt.

Start again and have fun!

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