

This Time It's Forever (永恆的時刻) (zh)

拍數: 32 牆數: 4 級數: Beginner
編舞者: Nina Chen (TW) - 2015年06月
音樂: This Time It's Forever by Errol Brown



Intro: 36 counts

S1. ROCKING CHAIR - LOCK STEP

1-4 Rock RF forward - Recover onto LF - Rock RF back - Recover onto LF
5-6, 7&8 Step RF forward - Lock LF behind RF - Step RF forward - Lock LF behind RF - Step RF forward
1-4 右足前下沉 - 重心回左足 - 右足後下沉 - 重心回左足
5-6, 7&8 右足前踏 - 左足鎖於右足後 - 右足前踏 - 左足鎖於右足後 - 右足前踏

S2. ROCK - RECOVER - FORWARD SHUFFLE TURN L 1/2 - JAZZ BOX TURN R 1/4

1-2, 3&4 Rock LF forward - Recover onto RF - Forward shuffle (L R L) turn L 1/2 (6:00)
5-8 Cross RF over LF - Step LF back - 1/4 turn R (9:00) step RF to R - Cross LF over RF
1-2, 3&4 左足前下沉 - 重心回右足 - 前交換步(左 右 左) 右轉 1/2 (6:00)
5-8 右足前交叉 - 左足後踏 - 右轉 1/4 (9:00) 右足右踏 - 左足前交叉

S3. SIDE - TOGETHER - CHASSE - CROSS - RECOVER - FORWARD SHUFFLE TURN L 1/4

1-2, 3&4 Step RF to R - Step LF beside RF - Step RF to R - Step LF beside RF - Step RF to R
5-6, 7&8 Cross LF over RF - Recover onto RF - Forward shuffle (L R L) turn L 1/4 (6:00)
1-2, 3&4 右足右踏 - 左足併於右足旁 - 右足右踏 - 左足併於右足旁 - 右足右踏
5-6, 7&8 左足前交叉 - 重心回右足 - 前交換步(左 右 左) 右轉 1/4 (6:00)

S4. FORWARD - PIVOT 1/4 TURN L - FORWARD SHUFFLE - FORWARD - RECOVER - COASTER STEP

1-2, 3&4 Step RF forward - Pivot 1/4 turn L (3:00) recover onto LF - Forward shuffle (R L R)
5-6, 7&8 Step LF forward - Recover onto RF - Step LF back - Step RF beside LF - Step LF forward
1-2, 3&4 右足前踏 - 向左轉1/4 (3:00) 重心回左足 - 前交換步(右 左 右)
5-6, 7&8 左足前踏 - 重心回右足 - 左足後踏 - 右足併於左足旁 - 左足前踏

Restart: After S2 of the wall 6 & wall 12 (12:00)
重新開始: 在第六面牆及十二面牆 S2結束後 (12:00)

Have Fun & Happy Dancing!

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