

Expandable Time

拍數: 48 牆數: 4 級數: Improver
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音樂: Expandable Time - Danny Vera : (Single 2015)



Introduction: 16 counts, start on vocals approx. 09 sec.

Sequence: 48, 16, Restart, 48, 48, 16, Restart, 48, 32, Restart, 48, 48, 48, ending.

Part I. 1-8 Step; Lock; Steps; Total ½ L.

1&2 Step R slightly diagonal forward, Lock L behind R, Step R forward.
3&4 Making ¼ turn L (9) step L slightly diagonal forward, Lock R behind L, Step L forward.
5&6 Step R slightly diagonal forward, Lock L behind R, Step R forward.
7&8 Making ¼ turn L (6) step L slightly diagonal forward, Lock R behind L, Step L forward.

PART II. 9-16 Fwd Rock, Recover, Together, Fwd Rock, Recover, ½ L, Step, Side, Behind, Side, Cross.

1,2& Step R forward, recover back onto L, Step R next to L.
3-4 Step L forward, recover back onto R.
5-6 Making ½ turn L (12) step L forward, Step R to R.
7&8 Step L behind R, Step R to R, Step L across R.
1st Restart here WALL 2 after 16 counts, after start again (facing 9 o'clock).
2nd Restart here WALL 5 after 16 counts, after start again (facing 3 o'clock).

PART III. 17-24 Side Rock, Recover, Cross & Cross, ¼ R, Back, Back, Down Up.

1-2 Step R to R, Recover back onto L.
3&4 Step R across L, Step L to L, Step R across L.
5-6 Making ¼ turn R (3) step L back, Step R back.
7-8 Dip body down, coming up holding weight onto R.

PART IV. 25-32 Side, Together, Step, Together, Step, ½ Pivot Turn L, Walks Fwd R-L.

1-2 Step L to L, Step R next to L.
3&4 Step L forward, Step R next to L, Step L forward.
5-6 Step R forward, Pivot ½ Turn L onto L. (9:00)
7-8 Walk R forward, Walk L forward.
3rd Restart here WALL 7 after 32 counts, after start again (facing 9 o'clock).

PART V. 33-40 (2x) Side, Together, Step, Lock, Step R-L.

1-2 Step R to R, Step L next to R.
3&4 Step R forward, Lock L behind R, Step R forward.
5-6 Step L to L, Step R next to L.
7&8 Step L forward, Lock R behind L, Step L forward.

PART VI. 41-48 Fwd Rock, Recover, (2x) ½ Shuffel Turn R, Back Rock, Recover.

1-2 Step R forward, Recover back onto L.
3&4 Making ½ turn R (3) step R forward, step L beside R, step R forward.
5&6 Making ½ turn R (9) step L back, step R beside L, step L back.
7-8 Step R back, Recover back onto L.

REPEAT DANCE AND HAVE FUN!!!

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