

Gold Watch

拍數: 64 牆數: 2 級數: Advanced - Non-Country
編舞者: Shane McKeever (N.IRE) & Fred Whitehouse (IRE) - March 2016
音樂: Gold Watch - Fleur East



Count-in: 16 Count Intro (approx. 10 secs from start of track)

Note: Start Dance Facing 12.00 and 1 Restart on Wall 2 after count 48

[1-8] Step, ¼ Turn Side Step, Sailor Touch, Hold, Ball Cross, Side Step With Hip Bumps

1,2 Step Rf Fwd, ¼ Turn R as you Step Lf to L Side (facing 3.00)
3&4 Cross Rf behind Lf, Step Lf next to Rf, Touch Rf to R Side
5&6 Hold, Step on to Ball of Rf, Cross Lf in front of Rf
7&8 Step Rf to R Side as you Bump Hips R, L, R

[9-16] ¼ Turn Walk, Walk, Lock, Head Movement, Sweep x2, Sailor ¼ Turn

1,2 1/4 Turn L as you Walk Lf Fwd, Walk Rf Fwd (facing 12.00)
&3&4 Step on to Ball of Lf Fwd, Lock Rf behind Lf on Ball of Rf, Lift Head Up, Head back to Neutral
(On all walls facing 6.00 bring both arms up in front, right arm on top of left, lift right arm up and chop it back down, like a TIC TOC)
5,6 Step back on Rf as you Sweep Lf Front to Back, Step Back on Lf as you Sweep Rf Front to Back
7&8 Cross Rf behind Lf as you ¼ Turn R (facing 3.00), Step Lf next to Rf, Step Rf Fwd

[17-24] Step, MJ Flick, Arms up, Side Step, Touch, Hip Bumps, Ball Change with ¼ Turn, 1/2 Turn

1&2 Step Lf Fwd, Flick Rf out to R Side with knee bent, bring Rf in to Hitch Position (bring both arms up in front of face clicking fingers)
3&4 Throw both arms up, Step Rf to R Side, Touch Lf to L Side bringing arms down (weight on RF)
&5&6 Hip to L, Recover, Hip to L, Recover,
&7,8 Step on ball of Lf, Step Rf Fwd as you ¼ Turn L, Pivot ½ Turn L finishing with weight on Lf (Facing 6.00)

[25-32] Hitch R Knee, Hitch L Knee, Hitch R Knee x2, Coaster Step, Step ½ Turn, ¼ Turn Side Step

1&2 Hitch R knee and Brush R shoulder with L hand, Step Rf next to Lf, Hitch L knee and Brush L shoulder with R hand
&3&4 Step Lf next to Rf, Hitch R knee and Brush R shoulder with L hand, Step Rf next to Lf, Hitch R knee and Brush R shoulder with L hand
5&6 Step Rf back, Step Lf next to Rf, Step Rf Fwd (6.00)
7&8 Step LF fwd, Pivot ½ Turn transferring weight to RF, ¼ Turn Stepping Lf to L Side (facing 3.00)

[33-40] Weave Left, Side Step, Close, Cross, ¼ Turn Step Back, Shuffle ½ Turn

1,2,3 Cross Rf behind Lf, Step Lf to L Side, Step Rf across L
&4 Step Lf to L, Step RF next to L,
5,6 Cross Lf in front of Rf, Step Rf back as you ¼ Turn L
7&8 Step Lf to L Side as you ¼ Turn, Step Rf next to Lf, Step Lf Fwd as you ¼ Turn L (facing 6.00)

[41-48] Rock Fwd, Ball Change, Knee Pop, Ball Change, Pivot ½ Turn, ¼ Turn Slide Clap x2

1,2 Rock Rf Fwd, Recover
&3&4 Step back on to ball of Rf, Step Lf Fwd, Pop both knees fwd while lifting both heels, Drop both Heels
&5,6 Step back on to ball of Lf, Step Rf Fwd, Pivot ½ Turn L transferring weight to Lf

7&8 ¼ Turn Slide, Clap, Clap (facing 9.00)

There is a Restart here on wall 2, as you do Clap, Clap, you ¼ Turn L to restart facing 12.00

(This happens very fast so feel free to make the slide a ½ turn to help prepare you for the walk forward)

[49-56] □Body Roll x2, ¼ Turn Walk L, Walk R, Ball Change, Step

1,2,3,4 Body Roll L, Body Roll R finishing with weight on Rf (option : hip rolls x2 if body rolls are not your thing)

5,6 Step Lf Fwd as you ¼ Turn L (facing 6.00), Step Rf Fwd

&7,8 Step Lf on the ball to L Side, Step Rf in Place, Step Lf Fwd

[57-64] □Side Step, ¼ Side Step, Cross Rock, Side Step, Body Roll, Together, Side Step, Together with ¼ Turn, Jump, Jump

1,2 Step Rf to R Side, ¼ Turn L as you Step Lf to L Side (facing 3.00)

3&4 Rock Rf across Lf, Recover, touch Rf to R Side (angling your body to 1.30)

5&6 Body Roll transferring weight to Rf, Step Lf next to Rf, step Rf to R Side

7&8 Step Lf next to Rf, make ¼ turn R Jump Fwd, Jump Fwd (facing 6.00)

We hope you enjoy
