

3 A.M.

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Ria Vos (NL) - October 2017
音樂: 3 A.M. - Jesse & Joy & Gente de Zona



Intro: 16 Counts (± 9 sec)

S1: Walk, Walk, Rocking Chair, Step Fwd, ½ Turn R, Sailor ¼ R Cross

1-2 Step Fwd R-L
3& Rock Fwd on R, Recover on L
4& Rock Back on R, Recover on L
5-6 Step Fwd on R, ½ Turn R Step Back on L (6:00)
7&8 Step R Behind L, ¼ Turn R Step L Next to R, Cross R Over L (9:00)

S2: Side Rock-Cross, Side Rock-Cross, Mambo Fwd, Walk Back x2

1&2 Rock L to L Side, Recover on R, Cross L Over R
3&4 Rock R to R Side, Recover on L, Cross R Over L
5&6 Rock Fwd on L, Recover on R, Step Back on L
7-8 Step Back on R Swiveling L Toe Out, Step Back on L Swiveling R Toe Out

S3: Coaster Step, Lock-Step-Lock-Step, ¼ R Point, ½ L Point, Crossing Shuffle

1&2 Step Back on R, Step L Next to R, Step Fwd on R
&3 Lock L Behind R, Step Fwd on R
4 ¼ Turn R Point L to L Side (12:00)
5-6 ¼ Turn L Step Fwd on L, ¼ Turn L Point R to R Side (6:00)
7&8 Cross R Over L, Step L to L Side, Cross R Over L

S4: Chasse ¼ R, Shuffle ½ R, Rock Fwd, Side Rock, Sailor ¼ Turn L

1&2 Step L to L Side, Step R Next to L, ¼ Turn R Step Back on L (9:00)
3&4 ¼ Turn R Step R to R Side, Step L Next to R, ¼ Turn R Step Fwd on R (3:00)
5& Rock Fwd on L, Recover on R
6& Rock L to L Side, Recover on R
7&8 Step L Behind R, ¼ Turn L Step R to R Side, Step L to L Side (12:00)

***Restart Point wall 5 (12:00)

S5: Diamond ¼ R, Hip Bumps, Behind-Side Cross

1&2 Cross R Over L, 1/8 Turn R Step Back on L, Step Back on R (1:30)
3&4 Step Back on L, 1/8 Turn R Step R to R Side, Cross L Over R (3:00)
5&6 Step and Bump R to R Side, Recover on L, Bump R to R Side
7&8 Step L Behind R, Step R to R Side, Cross L Over R

S6: Side-Together-Back, Chasse ¼ L (x2)

1&2 Step R to R Side, Step L Next to R, Step Back on R
3&4 Step L to L Side, Step R Next to L, ¼ Turn L Step Fwd on L (12:00)
5&6 Step R to R Side, Step L Next to R, Step Back on R
7&8 Step L to L Side, Step R Next to L, ¼ Turn L Step Fwd on L (9:00)

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