

3 A.M!

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Ann-Kristin Sandberg (NOR) - October 2017
音樂: 3 A.M. - Jesse & Joy & Gente de Zona : (iTunes)



INTRO: 16 Counts

S1: ROCK RECOVER x 4

1-2& Step R to R side, Recover onto L, Step R next to L
3-4& Step L to L side, Recover onto R, Step L next to R
5-6& Step R forw, Recover onto L, Step R next to L
7-8 Step L backw, Recover onto R

S2: ½ TURN R-1/2 TURN R-SHUFFLE-CROSS-BACK-1/4 TURN R-TOUCH

1-2 ½ turn R stepping L back, ½ turn R stepping R forw F (F 12)
3&4 Step L forw, Step R next to L, Step L forw
5-6 Cross R over L, Step L backw
7-8 ¼ turn R stepping R to R side, Drag L foot next to R (weight on R)(F 03)

S3: TOE STRUTS x 3-ROCK RECOVER

1-2 Touch L toe back, L heel down (bend both knees on count 2)
3-4 Touch R toe back, R heel down (bend both knees on count 4)
5-6 Touch L toe back, L heel down (bend both knees on count 6)
7-8 Step R backw, Recover onto L

S4: SHUFFLE-STEP-PIVOT ½ TURN R-1/2 TURN R-1/4 TURN R-STEP-TOUCH

1&2 Step R forw, Step L next to R, Step R forw
3-4 Step L forw, Pivot ½ turn R (F 09)
5-6 ½ turn R stepping L backw (F 03), ¼ turn R stepping R to R side (F 06)
7-8 Long step forw on L, Drag R foot next to L (weight on L)

RESTART ON WALL 2 AFTER 32 COUNTS

S5: SIDE-BACK RECOVER-1/4 TURN L-BACK RECOVER-SIDE-BACK RECOVER-1/4 TURN L INTO SHUFFLE

1-2& Step R to R side (F 06), Step L backw, Recover onto R
3-4 & ¼ turn L stepping L to L side (F 03), Step R backw, Recover onto L
5-6& Step R to R side, Step L bakcw, Recover onto R
7&8 ¼ turn L stepping L forw, Step R next to L, Step L forw (F 12)

S6: ROCK RECOVER-1/2 TURN R INTO SHUFFLE-ROCK RECOVER-3/4 TURN L INTO SHUFFLE

1-2 Step R forw, Recover onto L
3&4 ½ turn R stepping R forw, Step L next to R, Step R forw (F 06)
5-6 Step L forw, Recover onto R
7&8 ½ turn L stepping L forw (F 12), Step R next to L, ¼ turn L stepping L forw (F 09)

RESTART ON WALL 2 AFTER 32 COUNTS FACING 03

(ENDING: Last wall ends F 06): Take one step forw on R, Pivot ½ turn L Facing 12(weight on R)

MOVE YOUR BODY & ENJOY!!

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