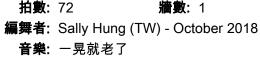
Time Flies

級數: High Beginner



Sequence of dance: Intro, 72, 72, Tag/ 72, 72, Tag Intro: 16 counts from heavy beats

Intro (16 counts)

- 1,2,3,4 Bump R hip to R side 4 times (with fist punching from abdomen down to the R) 5,6,7,8 Bump R hip to R side 4 times (with R arm waving from lower body to the top)
- 9-16 mirror steps of 1-8

Tag (40 counts)

1-16 Repeat Intro 1-16 17-32 Make a 1/2 turn L and repeat 1-16 33-40 (Jazz box with 1/4 turn R) x2

Main Dance (72 counts)

S1. VINE R WITH TOUCH, SIDE TOGETHER (X2)

- 1,2,3,4 Step R to the R, cross step L behind R, step R to the R, touch L beside R
- Stomp L to the L (weight on R), stomp L beside R (weight on L), stomp R to the R (weight on 5,6,7,8 L), stomp R beside L (weight on R)

S2. MIRROR STEP OF S1

S3. CROSS POINT (X2), BACK POINT (X2)

- Cross R over L, touch L to the L side, cross L over R, touch R to the R side 1,2,3,4
- 5,6,7,8 Step R behind L, touch L to the L side, step L behind R, touch R to the R

S4. HEEL GRIND, RECOVER, COASTER STEP, HEEL GRIND, RECOVER, COASTER STEP

- 1,2,3&4 Dig R heel fwd with toes turned out, recover, step back on R, step L together, step R fwd
- 5,6,7&8 Dig L heel fwd with toes turned out, recover, step back on L, step R together, step L fwd

S5. ¼ L FWD ROCK, RECOVER, ½ R CHA CHA TURN, FWD ROCK, RECOVER, ¼ L TRIPLE STEPS

- 1.2.3&4 1/4 L rocking R fwd, recover onto L, 1/2 R cha cha turn on RLR
- 5,6,7&8 R rocking L fwd, recover onto R, ¼ L triple steps in place on LRL

S6. SIDE TOUCH, SIDE TOUCH, SWAY (or STEP IN PLACE)

- 1,2,3,4 Step R to the R, touch L together, step L to the L, touch R together 5,6,7,8 Sway R-L-R-L

S7. KICK KICK COASTER STEP (X2)

- 1,2,3&4 Kick R across L, kick R to R diagonal, step back on R, step L together, step R fwd
- 5.6.7&8 Kick L across R, kick L to L diagonal, step back on L, step R together, step L fwd

S8. JAZZ BOX, HIP BUMPS

- 1,2,3,4 Cross step R over L, step back on L, step R to R side, step L fwd
- Hip bump to the R two times, Hip bump to the L two times 5,6,7,8

S9. POINT FWD, SIDE, FWD, TOGETHER, POINT FWD, SIDE, TOGETHER

- 1,2,3,4 Touch R toes fwd, touch R toes to R side, touch R toes fwd, step R together with hands clap
- 5,6,7,8 Touch L toes fwd, touch L toes to L side, touch L toes fwd, step L together with hands clap





牆數: 1

Have fun!!

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