

Through the Years

拍數: 32 牆數: 4 級數: Improver
編舞者: Judy Rodgers (USA) - June 2020
音樂: Through the Years - Rascal Flatts



#16 count intro - 2 restarts

S1: Back, coaster cross, rock recover cross, side behind turn 1/4 L, rock recover back

1 Step R big step back
2&3 Step L back, step R beside L, cross L over R
4&5 Rock R to right side, recover L, cross R over L
6&7 Step L to left side, step R behind L, turn 1/4 left step L fwd 9:00
8&8 Rock R fwd, recover L, step R back

S2: Turn 1/4 L, touch, back rocking chair, side rock recover, side behind turn 1/4 L

1-2 Turn 1/4 left step L to left side, touch R beside L 6:00
3&4& Rock R back, recover L, rock R fwd, recover L
*****Restart here on wall 3 and wall 6
5-6& Step R to right, rock L behind R, recover R
7-8& Step L to left, step R behind L, turn 1/4 left step L fwd 3:00

S3: Rock recover, sweep/step, sweep/step, sailor step, behind turn 1/4 R turn 1/4 R

1-2 Rock R fwd, recover L
3-4 Sweep R front to back step down R, sweep L front to back step down L
5&6 Sweep/step R behind L, step L to left side, step R to right side
7&8 Step L behind R, turn 1/4 right step R fwd, turn 1/4 right step L to left side 9:00

S4: Coaster cross, 1/2 fall-away turn, rock recover back

1&2 Step R back, step L beside R, cross R over L
3&4 Turn 1/8 right step L to left side, turn 1/8 right step R back, step L back 12:00
5&6 Turn 1/8 right step R to right side, turn 1/8 right step L fwd, step R fwd 3:00
7&8 Rock L fwd, recover R, step L back

Restarts: On Wall 3 and Wall 6:

Dance the first 12 counts and restart the dance

Ending: The last wall (9) ends facing 9:00.... turn 1/4 right step R to side to face front!

(note: you will never start the dance facing 9:00)**