

No Time To Waste

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Pat Newell (USA) - June 2020
音樂: Precious Time - Van Morrison



Patio Dancing 2020

#32 In - Learning: Charlestons, turning triples, sailor step, 1/4 monterey turn, hips sways

TWO RIGHT LEAD CHARLESTONS

1-4 Step fwd on R, kick L, step back on L, touch R slightly back
5-8 Step fwd on R, kick L, step back on L, touch R slightly back

ROCK RECOVER, 1/2 TURN RIGHT TRIPLE STEP, ROCK RECOVER, SAILOR TO 1/4 LEFT

1,2 3&4 Rock fwd on R, recover on L , triple RLR turning to 6:00 wall
5,6 7&8 Rock fwd on L, recover on R, turn 1/4 L, stepping L slightly behind R, step on R, step on L
 facing 3:00 wall (sailor step)

WALK FORWARD RIGHT LEFT, RIGHT, KICK LEFT, WALK BACK LEFT, RIGHT, LEFT TOUCH RIGHT

1-4 Walk fwd R, L, R, kick L,
5-8 Walk back L, R, L, touch R next to L

1/4 MONTEREY TURN, SWAYS FWD, BACK, BACK, FORWARD

1-4 Point R to R, turn 1/4 R, step down on R, point L to L, step on L (6:00)
5-8 Sway R hips fwd, recover weight to L, sway R hips back, recover on L

START AGAIN NO TAGS NO RESTARTS
