

Dance Times 3

拍數: 48 牆數: 2 級數: Phrased All Levels
編舞者: Mona Gardner (USA) & Jean Henke (USA) - June 2020
音樂: Dance, Dance, Dance - Steve Miller Band



Introduction: 1-beat

Format: AAB, AAB, AAB, AAB (B always at 12:00 wall)

NOTE: (A) Increases in speed until obtaining true dance tempo

(A)

Group 1: TWIST/SWING HIPS RIGHT/LEFT; HEEL TOUCHES, HANDS ON HIP BONE

1&2 Twist/swing hips R, L heel touch side L
3&4 Twist/swing hips L, R heel touch side R
5&6 Twist/swing hips R, L heel touch side L
7&8 Twist/swing hips L, R heel touch side R

Group 2: TRIPLE STEP R-L-R/L-R-L, PIVOT 2X

1&2 Triple step R-L-R
3&4 Triple step L-R-L
5-6 Step R forward, pivot $\frac{1}{4}$ L
7-8 Step R forward, pivot $\frac{1}{4}$ L

(B)

Group 1: STEP FORWARD, TOUCH TOE, STEP BACK, TOUCH HEEL, BASIC R, HOLD

1-2 Step R forward, touch L toe back
3-4 Step L back, touch R heel forward
5-6 Side-step R-L
7-8 Side-step R, touch L beside R

Group 2: STEP FORWARD, TOUCH TOE, STEP BACK, TOUCH HEEL, BASIC L, HOLD

1-2 Step L forward, touch R toe back
3-4 Step R back, touch L heel forward
5-6 Side-step L-R
7-8 Side-step L, touch R beside L

Group 3: WALK R/L, HOLD

1-2 Walk forward R, hold
3-4 Walk forward L, hold
5-6 Walk forward R, hold
7-8 Walk forward L, hold

Group 4: TOE STRUTS BACK

1-2 Step back R toe, heel down
3-4 Step back L toe, heel down
5-6 Step back R toe, heel down
7-8 Step back L toe, heel down

No Tags, No Restarts