

Time in a Bottle

拍數: 48 牆數: 4 級數: Improver
編舞者: Betty Lee (CAN) - December 2020
音樂: Time In a Bottle - John Berry



Intro: 24 counts plus 3 counts pause, start on lyrics "I"

Restart: On Wall 4, after 24 counts and pause for 3 counts, facing 9:00

Section 1: Step, Hitch, Kick; Back, ½ L, Step

1-3 Step forward L, Hitch R slightly, Low kick R forward
4-6 Step back R, ½ Turn L stepping L forward, Step forward R (6:00)
****Easier option: Step forward R, Pivot ½ L, Step forward R**

Section 2: L Twinkle, Twinkle ¼ R

1-3 Cross step L over R, Step R to R, Step L in place
4-6 Cross step R over L, ¼ Turn R stepping back on L, Step R to R (9:00)

Section 3: Cross, Side Behind; Side, Hold

1-3 Cross step L over R, Step R to R, Step L behind R
4-6 Step R to R turning body to R diagonal, Hold for 2 counts

Section 4: ¼ L, ½ L, Side; Hip Rolls

1-3 ¼ Turn L stepping L forward (6:00), ½ Turn L stepping back on R (12:00) Step L to L
4-6 Step R to R roll Hips clockwise over 3 counts ending weight on R foot
**** Option: (4-6) Sway hips R,L,R weight ends on R foot**
**** Restart here on Wall 4, after 3 counts pause**

Section 5: Cross Rock, Side; Cross Rock ¼ R, Side

1-3 Cross Step L over R, Recover onto R, Step L to L
4-6 Cross R over L, ¼ Turn R stepping back on L, Step R to R (3:00)

Section 6: 1/8 R Cross, Point, Hold; Behind, Point, Hold

1-3 1/8 Turn R (4:30) Cross step L over R, Point R to R, Hold
4-6 Cross step R behind L, Point L to L, Hold

Section 7: Cross, Point, Hold; 1/8 R Coaster Step

1-3 Still facing 4:30 Cross L over R, Point R to R, Hold
4-6 1/8 R turn stepping back on R, Step L next to R, Step forward R (6:00)

Section 8: Unwind ¾ Turn R, Waltz Basic Back

1-3 Cross L over R unwind ¾ Turn R keeping weight on L (3:00)
4-6 Step R back, Step L next to R, Step R in place

Last Update - 22 Dec. 2020