Time Flies



拍數: 32 牆數: 4 級數: Beginner

編舞者: Becky Hawthorne (USA) - December 2021

音樂: Fly Like an Eagle - Steve Miller Band: (Album: Greatest Hits 1974-78)



No tags, no restarts

Intro: 16 counts after background vocals start "Tick Tock Tick". First step starts with the lyrics "Time keeps on..." (22 seconds in).

Section 1: SIDE ROCK R, R CROSSING SHUFFLE, SIDE ROCK L, SAILOR

| 1,2 | Roc | k RF to l | R side, Re | cover on LF |
|-------|-----|-----------|------------|-------------|
| 0 0 4 | _ | | 0: | 1 - 4 1 0 |

Cross RF over LF, Step LF to L, Cross RF over L 3 & 4

Rock LF to L side, Recover on RF 5,6

7 & 8 Step LF slightly behind RF, Step RF to R side, Step LF to L

Section 2: FWD ROCK, 1/4 SHUFFLE, 1/2 PIVOT, SIDE SHUFFLE

| 1, 2 | Rock RF fwd, Recover on LF |
|-------|--|
| 3 & 4 | 1/4 turn Step RF fwd, Step LF beside RF, Step RF fwd (3:00) |
| 5, 6 | Step LF fwd, pivot 1/2 turn R transferring weight to RF (9:00) |
| 7 & 8 | Step LF to L side, Step RF beside LF, Step LF to L side |

| Section 3: BACK ROCK, 1/2 TURN LOCK, BACK ROCK, 1/2 TURN LOCK | | |
|---|--|--|
| 1, 2 | Rock RF back, Recover on LF | |
| 3 & | 1/4 turn Step RF to R side (6:00), 1/4 turn LF small step back, crossing in front of RF (3:00) | |
| 4 | Step RF back | |
| 5, 6 | Rock LF back, Recover on RF | |
| 7 & | 1/4 turn Step LF to L side (6:00), 1/4 turn RF small step back, crossing in front of LF (9:00) | |
| 8 | Step LF back | |
| | | |

^{**}turns may also be done with non-crossing shuffles**

Section 4: BACK, BACK, BACK LOCK, BACK ROCK, FWD LOCK

| 1 | Step back RF (optional-sweep LF from front to back) |
|-------|---|
| 2 | Step back LF (optional-sweep RF from front to back) |
| 3 & 4 | Step RF back, Lock L over R, Step RF back |
| 5,6 | Rock LF back, Recover on RF |
| 7 & 8 | Step LF fwd, Lock R behind L, Step LF fwd |

Suggested ending: Final fadeout of the song happens as you finish Section 4 facing 12:00.

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