Crystal Cha AB

拍數: 32

級數: Absolute Beginner

編舞者: Dee Palmer (USA) - February 2023

音樂: Every Time You Take Your Time - Aaron Goodvin

Intro: 16 counts after the hard beat (NO TAGS/NO RESTARTS)

STEP R RIGHT SIDE, HOLD, ROCK L BACK, RECOVER R, L AND R STEP TOUCHES

- 1-2 Step right foot to right side, Hold (snap fingers with hands to each side)
- 3-4 Rock left foot back, recover right foot
- 5-6 Step left foot to left side, touch right foot beside
- 7-8 Step right foot to right side, touch left foot beside

STEP L LEFT SIDE, HOLD, ROCK R BACK, RECOVER L, R AND L STEP TOUCHES

- 1-2 Step left foot to left side, Hold (snap fingers with hands to each side)
- 3-4 Rock right foot back, recover left foot
- 5-6 Step right foot to right side, touch left foot beside
- 7-8 Step left foot to left side, touch right foot beside

RIGHT AND LEFT LOCK STEPS FORWARD WITH SCUFF

- 1-4 Step right foot forward, lock/step left behind right, step right foot forward, scuff left ft
- 5-8 Step left foot forward, lock/step right behind left, step left foot forward, scuff right ft

RIGHT AND LEFT SYNCOPATED ROCKING CHAIR

- 1&2& Rock right foot forward, recover left foot, rock right foot back, recover left foot
- 3&4 Rock right foot forward, recover left foot, step right foot (wt on R foot)
- 5&6& Rock left foot forward, recover right foot, rock left foot back, recover right foot
- 7&8 Step left foot forward, recover right foot, step left foot (wt on left)

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My Absolute Beginners enjoy dancing a split floor with the Intermediate class. Now, all dancers can enjoy dancing to the same song at their level of dance.





牆數:1