

High Time

拍數: 32 牆數: 4 級數: Novice
編舞者: Tobias Jentzsch (DE) - February 2023
音樂: High Time - Nickelback



The dance starts after 16 Counts intro with the vocals.

S1: walk r+l, anchor step, back rock, step-¼-turn r-cross

1-2 two walks fwd (RF + LF)
3&4 step RF back, lift LF slightly up and recover, lift RF slightly up and recover (end with weight on RF)
5, 6 step LF back, lift RF slightly up and recover on RF
7&8 step LF fwd, ¼-turn r on both balls, cross LF over RF (3:00)

S2: rhumba box fwd, shuffle ½-turn r, step-¼-turn r-cross

1&2 step RF to right, close LF next to RF, step RF fwd
3&4 step LF to left, close RF next to LF, step LF back
5&6 make a ¼-turn r with stepping RF to right (6:00), close LF next to RF and make a ¼-turn with stepping RF fwd (9:00 Uhr)
7&8 step LF fwd, ¼-turn r on both balls, cross LF over RF (12:00)

S3: point-touch-heel-hook, step-lock-step, point-touch-point, sailor-¼-turn l

1& point R toe to right, touch R toe next to LF
2& touch R heel fwd, lift R leg across in front of L leg
3&4 step RF fwd, step LF behind RF, step RF fwd
5&6 point L toe to left, touch L toe next to RF, point L toe to left
7&8 step LF behind RF while turning 1/8 l, small step RF to right while turning 1/8 l, small step LF fwd (9:00)

S4: toe-heel-cross, toe-heel-step, mambo step, anchor step

1&2 touch R toe next to LF, touch R heel fwd, cross RF over LF
3&4 touch L toe next to RF, touch L heel fwd, small step LF
5&6 step RF fwd, lift LF slightly up and recover, step RF back
7&8 step LF back, lift RF slightly up and recover, lift LF slightly up and recover (end with weight on LF)

Tag: End of Wall 7, 3 o'clock:

Walk r+l, mambo step, back l+r, sailor-1/2-turn l

1-2 two walks fwd (RF + LF)
3&4 step RF fwd, lift LF slightly up and recover, step RF back
5-6 two walks backwards (LF + RF)
7&8 make a ¼-turn l while stepping LF behind RF (12:00), make a ¼-turn l while stepping RF slightly to right (9:00), small step LF

Wiederholung bis zum Ende.

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