

Paycheck to Paycheck

拍數: 48 牆數: 2 級數: Improver
編舞者: Mike Stringer (UK) - October 2023
音樂: Paycheck To Paycheck - Midland



Sec 1: Side rock, Cross shuffle, Hinge ½ turn, Cross shuffle

- 1-2. Rock right foot out to right side, recover weight onto left
- 3&4. Cross right over left, step left to side, cross right over left (12:00)
- 5-6. Make ¼ turn stepping back on left, make ¼ turn stepping right to side
- 7&8. Cross left over right, step right to side, cross left over right (6:00)

Sec 2: Side rock, Cross shuffle, Hinge ½ turn, Cross shuffle

- 1-2. Rock right foot out to right side, recover weight onto left
- 3&4. Cross right over left, step left to side, cross right over left (6:00)
- 5-6. Make ¼ turn stepping back on left, make ¼ turn stepping right to side
- 7&8. Cross left over right, step right to side, cross left over right (12:00)

Sec 3: Side together, Shuffle forward, Forward rock, Triple ¾ turn

- 1-2. Step right to side, step left next to right
- 3&4. Step right forward, close left next to right, step right forward (12:00)
- 5-6. Rock left forward, recover onto right
- 7&8. Making a ¼ turn over left stepping left in place, Make ¼ turn over left stepping right in place, Make ¼ turn over left stepping left in place (3:00)

Sec 4: Cross, Side, Sailor heel, Cross, Side, Sailor ¼ turn

- 1-2. Cross right over left, step left to side
- 3&4&. Cross right behind left, step left in place, tap right heel on the diagonal forward, Step right in place (3:00)
- 5-6. Cross left over right, step right to side
- 7&8. Making a ¼ turn over left stepping left behind right, step right in place, step left in place (12:00)

Restarts : on wall 3 & wall 5

Sec 5: Step together, Heel switch x2, Step together, Heel switch x2

- 1-2. Step right forward on slight diagonal, touch left in place (weight on right)
- 3&4&. Tap left heel forward, step in place, tap right heel forward, step in place (12:00)
- 5-6. Step left forward on slight diagonal, touch right in place (weight on left)
- 7&8&. Tap right heel forward, step in place, tap left heel forward, step in place (12:00)

Sec 6: Forward rock, ½ shuffle turn twice, ½ turn, Stomp

- 1-2. Rock forward on right, recover onto left
- 3&4. Make ¼ turn stepping right to side, step left in place, Make ¼ turn stepping right to side (6:00)
- 5&6. Make ¼ turn stepping left to side, step right in place, make ¼ turn Stepping left to side (12:00)
- 7-8. Make ½ turn right stepping forward on right, Stomp left .(6:00)

Begin again.

Restarts..

On wall 3 (facing 12 o'clock) and wall 5 (facing 6 o'clock) Dance up to and including count 32 (end of sec 4) and then restart from the beginning of the dance

