

60 Seconds

拍數: 32 牆數: 2 級數: Improver
編舞者: Jane Nilsson (SWE) - June 2024
音樂: It Only Took a Minute for My Country to Love Country - Jill Johnson : (iTunes)



Intro: 16 counts, start on vocals

S:1 SIDE ROCK, RECOVER, CROSS SHUFFLE, HINGE ¼ RIGHT X 2, CROSS SHUFFLE

1-2 Rock right to right side, recover weight onto left
3&4 Cross right over left, step left to left side, cross right over left
5-6 Turn ¼ right stepping left back, turn ¼ right stepping right to right side
7&8 Cross left over right, step right to right side, cross left over left

*Restart here on wall 4

S:2 DOROTHY STEP RIGHT & LEFT, 1/8 PADDLE TURN LEFT X 2

1-2& Step right diagonally right, lock left behind right, step right diagonally right
3-4& Step left diagonally left, lock right behind left, step left diagonally left
5-6 Step right forward, paddle turn 1/8 left (weight ends on left foot)
7-8 Step right forward, paddle turn 1/8 left (weight ends on left foot)

S:3 SHUFFLE FORWARD, STEP TURN ½ RIGHT, SHUFFLE FORWARD STEP TURN ¼ LEFT

1&2 Step right forward, step left beside right step right forward
3-4 Step left forward, turn ½ right (weight ends on right foot)
5&6 Step left forward, step right beside left, step left forward
7-8 Step right forward, turn ¼ left (weight ends on left foot)

S:4 HEEL SWITCHES, HEELTOUCH FORWARD, CLAP X 2, ROCK BACK RECOVER, SIDE ROCK, RECOVER

1&2& Touch right heel forward, step right beside left, touch left heel forward, step left beside right
3&4 Touch R heel forward, hold & clap x 2
5-6 Step back on right, recover onto left

*Restart here on wall 3 and 7

7-8 Step right to right, recover onto left

Restart 1 on wall 3, facing back wall after 30 counts

Restart 2 on wall 4, facing back wall, after 8 counts

Restart 3 on wall 7, facing front wall, after 30 counts

Ending: When the music ends: Make a step turn, step forward on right foot, turn ½ left

Taaadaaaa!