How The Years (奈何岁月)

拍數: 32 **牆數:** 2 **級數:** High Intermediate
編舞者: Heru Tian (INA) - August 2024
音樂: Nai He Shui Yue (奈何岁月) - Hai Lai A Mu (海来阿木)

No Tag, 1 Restart

***** Restart happen on Wall 3 after 16&C (facing 6.00)**
During Wall 3, Dance up to 16C, and change step for last Count into Point RF to R Side ("&")

Section 1 : Sailor Side, Rock Back, Pivot 1/4R, Sync Weave, Cross, 3/4L Turn

1&2	Step RF behind LF (1), Step LF beside RF (&), Step RF to R Side (2)
3&4&	Rock LF back (3), Recover on RF (&), Step LF fwd (4), Pivot 1/4R, Step RF in place (&) (3.00)
5&6&	Cross LF over RF (5), Step RF to R Side (&), Cross LF Behind RF (6), Step RF to R Side (&)
7&8	Cross LF over RF (7), 1/4L, Step RF back (&), 1/2L, Step LF fwd (8) (6.00)

Section 2 : 1/4L Side Lunge, Recover, Together, Monterey 1/4L, Chase 1/2R, Spiral Full Turn L, Walks Fwd

1 2&	1/4L, Lunge RF to R Side (1), Recover on LF (2), Step RF next to LF (&) (3.00)
3&4&	Point LF to L Side (3), 1/4L, Step LF Next to RF (&), Point RF to R Side (4), Step RF next to LF (&) (12.00)
5&6	Step LF fwd (5), Pivot 1/2R, Step RF in place (&), Step LF fwd (6) (6.00)
7	Step RF fwd, make a full spiral turn L (7)
8&	Step LF fwd (8), Step RF fwd (&)

***** Restart Here on Wall 3 (facing 6.00)**
During Wall 3, Dance up to 16C, and change step for last Count into Point RF to R Side ("&")

Section 3 : Basic NC, Basic NC, 1/4R Back & Sweep, Back & Sweep, 1/2L Fwd, 1/2L Walks Around

1 2&	Take a long step LF to L Side (1), Step RF slightly behind LF (2), Cross LF over RF (&)
3 4&	Take a long step RF to R Side (3), Step LF slightly behind RF (2), Cross RF over LF (&)
5 6	1/4R, Step LF back, Sweep RF front to back (5), Step RF back, Sweep LF front to back (6) (9.00)
7&8&	1/2L, Step LF fwd (7) (3.00), Walk RF, LF, RF, Make 1/2L (&,8,&) (9.00)

Section 4 : Fwd, Hitch, Pivot 1/4L, Prissy Walks, Rocking Chair, Side

1 2&	Step LF fwd, Hitch RF (1), Step RF fwd (2), Pivot 1/4L, Step LF in place (&) (6.00)
3 4 5	Step RF fwd, slightly cross (3), Step LF fwd, slightly cross (4), Step RF fwd, slightly cross (5)
6&7&	Rock LF fwd (6), Recover on RF (&), Rock LF back (7), Recover on RF (&)
8	Step LF to L Side (8)

Start again...
Thank you for enjoying the dance
Best Regards,
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