

# Metronome

拍數: 32      牆數: 4      級數: Improver  
編舞者: Gaye Teather (UK)  
音樂: Precious Time - Dave Sheriff



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## RIGHT CHASSE, CROSS ROCK, LEFT CHASSE WITH QUARTER TURN LEFT, STEP FORWARD RIGHT, PIVOT HALF TURN LEFT

1&2      Step right to right side, close left to right, step right to right side  
3-4      Cross rock left foot over right, recover weight back onto right foot  
5&6      Step left to left side, close right to left, step left quarter turn left  
7-8      Step forward on right foot, pivot half turn left

## ROCK FORWARD RIGHT, RECOVER, HITCHES & SCOOTS BACK, STEP BACK, TAP LEFT ACROSS, LEFT LOCK STEPS FORWARD

9-10      Rock forward on right foot, recover weight back onto left  
&11      Hitch right knee while scooting back on left foot, step back on right  
&12      Hitch left knee while scooting back on right foot, step back on left  
&13      Hitch right knee while scooting back on left foot, step back on right  
14      Tap left toe across right foot  
15&16      Step forward on left, lock right behind left, step forward on left

## SYNCOATED TOE AND HEEL TAPS

17-18      Tap right toes behind left foot twice  
&19-20      Transfer weight quickly back onto right foot, tap left heel forward twice  
&21-22      Bring left foot back into place and tap right toes behind left foot twice  
&23-24      Transfer weight quickly back onto right foot, tap left heel forward twice

## ROCK STEP, SHUFFLE HALF TURN RIGHT, ROCK STEP, COASTER STEP

&25-26      Bring left foot back into place, rock forward onto right, recover onto left  
27&28      Shuffle half turn right stepping right, left right  
29-30      Rock forward onto left foot, recover back onto right  
31&32      Step back left, close right next to left, step forward left

## REPEAT

When dancing to the Tom Jones track you may wish to substitute the following variation to reflect the song's theme!!

&21-24      Rotate hips twice to the left over 4 counts or alternatively do a body roll forward.

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