Only Time Can Say



拍數: 0 牆數: 4 級數: Intermediate

編舞者: Mare Dodd (USA) 音樂: Only Time - Enya



Sequence: AB, AB, ABC, AB

PART A

FULL TURN LEFT, SHUFFLE FORWARD RIGHT, ROCK, RECOVER, TURNING SHUFFLE

1-2 Moving forward, turn one full turn to left, stepping right-left3&4 Shuffle forward right-left-right (or use lock step here)

5-6 Rock forward on left, recover back on right

7&8 Turning ½ left, shuffle left-right-left

Option: 1 & 1/2 turns

FULL TURN LEFT, SHUFFLE FORWARD RIGHT, ROCK, RECOVER, TURNING SHUFFLE

1-8 Repeat above 8 counts

STEP RIGHT TO RIGHT SIDE, LEFT BEHIND, 1/4 TURNING SHUFFLE, 3/4 TURN, LEFT SAILOR

1-2 Step right to right side, step left behind right (beginning ¼ turn right)
3&4 Turn ¼ right as you shuffle forward right-left-right (3:00 wall)

5-6 On ball of left foot turn ¾ right & step on right (12:00 wall)

7&8 Left sailor shuffle

STEP RIGHT BEHIND LEFT, 1/4 LEFT TURN, 3/4 TURNING SHUFFLE, LEFT SAILOR, ROCK, RECOVER

1-2 Step right behind left, turn ¼ left & step on left (9:00 wall) 3&4 Turn ¾ left as you shuffle right-left-right (12:00 wall)

5&6 Left sailor shuffle

7-8 Rock back on right, recover forward on left

1/4 TURN RONDE, RIGHT CROSS, STEP-SLIDE

1-2 Ronde right turning ¼ left, end with right toe touching across left 3-4 Step forward on right, slide left to meet right (weight. On left)

PART B

RIGHT FORWARD SHUFFLE, ROCK, RECOVER, SHUFFLE BACK LEFT, ROCK, RECOVER

1&2 Shuffle forward right-left-right

3-4 Rock forward on left, recover back on right

5&6 Shuffle back left-right-left

7-8 Rock back on right, recover forward on left

1/4 TURN RONDE, CROSS, STEP-SLIDE 3 TIMES

1-2 Ronde right turning ¼ left, end with right toe touching across left

3-4 Step forward on right, slide left behind5-6 Step forward on right, slide left behind

7-8 Step forward on right, slide left to meet right (weight on left)

At the end of 3rd time through the dance, you must only touch left

1-16 Repeat above 16 counts

PART C

STEP, TOUCH, STEP, TOUCH, STEP, TOUCH

| 1-2 | Step diagonally left, touch right |
|-----|-----------------------------------|
| 3-4 | Step diagonally right, touch left |
| 5-6 | Step diagonally left, touch right |

OPTIONAL ARM MOVEMENTS

| 1-2 | Gracefully (??) Raise left arm over head, bring left arm down to side |
|-----|---|
| 3-4 | Gracefully (??) Raise right arm over head, bring right arm down to side |
| 5-6 | Gracefully (??) Raise left arm over head, bring left arm down to side |

This movement kinda looks like you're doing the backstroke!!!