

Precious Time

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Jim O'Neill (UK)
音樂: Precious Time - Van Morrison



Dedicated to the memory of Cyanna McManus

HEEL BALL CROSS TWICE, SIDE ROCK, CROSS STEP CROSS

1&2 Touch right heel forward, step on ball of right foot, step left foot over right
3&4 Repeat steps 1&2
5-6 Rock to right side on right, rock back onto left in place
7&8 Cross right over left, step left to left side, cross right over left

HEEL BALL CROSS TWICE, SIDE ROCK, CROSS STEP CROSS

1&2 Touch left heel forward, step on ball of left foot, step cross right over left
3&4 Repeat steps 1&2 of section 2
5-6 Rock to left side on left, rock back onto right in place
7&8 Cross left over right, step right to right side, cross left over right

SIDE ROCK, LOCK STEP FORWARD, FORWARD ROCK, LOCK STEP BACK

1-2 Rock to right side on right, rock back onto left in place
3&4 Step forward on right, step lock left behind right, step forward on right
5-6 Rock forward on left, rock onto right in place
7&8 Step back on left, lock step right in front of left, step back on left

BEHIND UNWIND, LOCK STEPS FORWARD, HEEL SWITCHES WITH CLAP

1-2 Cross right behind left & unwind a half turn right
3&4 Step forward on left, step lock right behind left, step forward on left
5&6&7& Touch right heel forward, touch left heel forward
8 Touch right heel forward, hold with double clap

HEEL SWITCHES WITH CLAPS, ROCK STEP, COASTER STEP

&1&2&3&4 Touch left heel forward, touch right heel forward, touch left heel forward, hold with double clap
&5-6 Rock forward on right foot, rock back on left in place
7&8 Step back on right foot, step back left beside right, step forward on right foot

FORWARD ROCK COASTER STEP, SIDE ROCK COASTER TURN RIGHT

1-2 Rock forward on left, rock back onto right in place
3&4 Step back left, step right beside left, step forward left foot
5-6 Rock on right to right side, rock onto left in place
7&8 Step back on right, step back on left, step ¼ turn right on right

LOCK STEPS LEFT & RIGHT AT 45 DEGREE ANGLES

1-2 Step forward left 45 degrees, lock step right behind left
3&4 Step forward left 45 degrees, lock right behind left, step left 45 degrees
5-6 Step forward right 45 degrees, lock step left behind right
7&8 Step forward right 45 degrees, lock step left behind right, step forward right 45 degrees

LEFT SIDE CLOSE, SIDE CLOSE SIDE, RIGH MONTERARY TURN

1-2 Step left to left side, step right beside left
3&4 Step left to left side, step right beside left, step left to left side

5-6

Touch right to right side, ½ turn right stepping on right

7-8

Touch left to left side, step left beside right

REPEAT
