

# 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**

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