

Prime Time

拍數: 64 牆數: 0 級數:
編舞者: Deb Crew (CAN)
音樂: Day Off - Ronnie McDowell



RUNNING MAN & 3-STEP SHUFFLES (MOVING FORWARD)

- 1& Step forward on left, slide back on left hitching right knee
- 2& Step forward on right, slide back on right hitching left knee
- 3&4 One 3-step shuffle forward: (left-right-left)
- 5& Step forward on right, slide back on right hitching left knee
- 6& Step forward on left, slide back on left hitching right knee
- 7&8 One 3-step shuffle forward: (right-left-right)

3-STEP SHUFFLES MOVING BACKWARDS

- 9&10 One 3-step shuffle backwards (cross left behind right on first step of shuffle) weight on left
- 11&12 One 3-step shuffle backwards (cross right behind left on first step of shuffle) weight on right

SYNCOPATED STEPS & CLAPS

- &13 Step out left, step out right (feet are slightly apart) weight on right
- &14 Step in with left, step right over left (legs are crossed) weight on right
- &15 Step out left, step out right (feet are slightly apart) weight on right
- &16 Clap, clap

- 17-32 Repeat steps 1-16 (shift weight to left foot on count 32)

RIGHT KICK-BALL-CHANGE; BALL-CHANGE; BALL-TOUCH

Moving to the right on the ball-change steps-like the electric slide

- 33&34 Kick right forward, step down on ball of right foot, step left beside right
- &35 Step side right on ball of right foot, step ball of left foot beside right
- &36 Step side right on ball of right foot, touch left beside right weight on right

SLIDE-TOGETHER-SLIDE-KICK (SYNCOPATED)

- &37 Step side left on ball of left foot, step ball of right together with left
- &38 Step side left on ball of left foot, kick right foot forward
- &39 Step side right on ball of right foot, step ball of left together with right
- &40 Step side right on ball of right, touch left beside right weight on right

LEFT KICK-BALL-CHANGE; BALL-CHANGE; BALL-TOUCH

Moving to the left on the ball-change steps-like the electric slide

- 41&42 Kick the left forward, step down on ball of left foot, step right beside left
- &43 Step side left on ball of left foot, step ball of right foot beside left
- &44 Step side left on ball of left foot, touch right beside left weight on left

SIDE-TOGETHER-SIDE-KICK (SYNCOPATED)

- &45 Step side right on ball of right foot, step ball of left together with right
- &46 Step side right on ball of right, kick left foot forward
- &47 Step side left on ball of left foot, step ball of right together with left
- &48 Step side left on ball of left foot, touch right beside left

HALF-VINES, SHUFFLES & ¼ TURNS

- 49-50 Step side right, step left behind right
- 51&52 One 3-step shuffle on-the-spot (right-left-right)

53-54 Step side left, step right behind left
55&56 One 3-step shuffle on the spot (left-right-left)
57-58 Step forward right, ¼ turn left weight on left
59-60 Step forward right, ¼ turn left weight on left

WALK FORWARD; SHUFFLE IN PLACE

61-62 Walk forward right, forward left
63-64 One 3-step shuffle on-the-spot (right-left-right)

REPEAT

TAG

For the song "Day Off" only, after repetition 3

1-2 Clap twice

Start from step 1
