

60 Seconds

拍數: 48 牆數: 4 級數:
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音樂: It Only Takes a Minute - Take That



RIGHT MODIFIED "FIGURE 8" VINE

1-2 Step right to right side, cross step left behind right
3-4 Turning ¼ right step right forward, step left forward
5-6 Pivot ½ right weight ending on right, turning ¼ right step left to left side
7&8 Step right behind left, turning ¼ left step left forward, step right forward

LEFT FORWARD ROCK & RECOVER, LEFT TOGETHER, RIGHT HEEL FORWARD & HOLD, RIGHT TOGETHER, LEFT FORWARD ROCK & RECOVER, ½ LEFT FORWARD SHUFFLE

1-2& Rock left forward, recover weight on right, step left together
3-4& Touch right heel forward, hold, step right together
5-6 Rock left forward, recover weight on right
7&8 Turning ½ left step left forward, step right together, step left forward

LEFT FORWARD FULL TURN, RIGHT FORWARD ROCK & RECOVER, RIGHT TOGETHER, LEFT HEEL FORWARD & HOLD, LEFT TOGETHER, RIGHT FORWARD, ¼ LEFT PIVOT TURN

1-2 Turning ½ left step right back, turning ½ left step left forward

Non-turning option: step right forward, step left forward

3-4& Rock right forward, recover weight on left
5-6& Touch left heel forward, hold, step left together
7-8 Step right forward, pivot ¼ right (weight ends on left)

RIGHT CROSS SHUFFLE, ¼ RIGHT TURN, LEFT SIDE STEP, RIGHT TOUCH & CLAP 2X, ¼ LEFT & RIGHT BACK, LEFT TOUCH & CLAP 2X

1&2 Cross step right over left, step left to left, cross step right over left
3-4 Turning ¼ right step left back, turning ½ right step right forward
5&6 Step left to left side, touch right together clap, & clap
7&8 Turning ¼ left step right back, touch left together clap, & clap

VINE LEFT 2, LEFT BACK, TOUCH RIGHT HEEL FORWARD & HOLD, RIGHT BACK, LEFT CROSS STEP OVER, ¼ LEFT & RIGHT BACK, ½ LEFT & LEFT FORWARD SHUFFLE

1-2 Step left to left side, cross step right behind left
&3-4 Step left back, touch right heel forward, hold
&5-6 Step right back, cross step left over right, turning ¼ left step right back
7&8 Turning ½ left step left forward, step right together, step left forward

Non-turning option: step right back, cross step right over left turning ¼ right, step right forward

7&8 Step right forward, step left together, step right forward

RIGHT FORWARD, ½ LEFT PIVOT TURN, RIGHT FORWARD SHUFFLE, LEFT FORWARD ROCK & RECOVER, LEFT COASTER STEP

1-2 Step right forward, pivot ½ left
3&4 Step right forward, step left together, step right forward
5-6 Rock left forward, recover weight on right
7&8 Step left back, step right together, step left forward

REPEAT