

Take Your Time

拍數: 64 牆數: 2 級數: Intermediate mixer dance
編舞者: Paul Chapman (UK)
音樂: This Time I'm Takin' My Time - Neal McCoy



GRAPEVINE RIGHT, CROSS ROCK, ½ TURN LEFT

1-2 Step right, cross left behind right
3-4 Step right to right, rock left over right
5-6 Step back onto right, step left to left
7-8 Step forward right, ½ pivot turn left

WEAVE LEFT, CROSS ROCK, POINT RIGHT, TOUCH

1-2 Step right over left, step left to left
3-4 Cross right behind left, step left to left
5-6 Cross rock right over left, step back onto left
7-8 Point right toe to right side, touch right toe beside left

RIGHT SHUFFLE ¼ TURN RIGHT, ½ TURN, STEP TOUCH, KICKBALL STEP

1&2 ¼ turn to the right, shuffle forward right, left, right
3-4 Step forward left, pivot ½ turn to right
5-6 Step forward left, touch right beside left
7&8 Kick right forward, step right beside left, replace weight onto left

¼ TURN LEFT, WEAVE LEFT, CROSS ROCK

1-2 Step forward on right, pivot ¼ turn left
3-4 Cross right over left, step left to left
5-6 Cross right behind left, step left to left
7-8 Cross rock right over left, recover weight onto left

RIGHT ROCK, CROSS SHUFFLE, LEFT ROCK ¼ TURN RIGHT, LEFT SHUFFLE

1-2 Rock right to right side, recover onto left
3&4 Cross step right over left, step left beside right, cross step right over left
5-6 Rock left to left side, recover weight onto right making ¼ turn to right
7&8 Shuffle forward, left, right, left

FULL TURN LEFT, FORWARD ROCK, STEP BACK TOUCH, ROCK AND ROCK

1-2 Step right foot forward making half turn left, complete a full turn stepping left forward
3-4 Rock forward on right, recover back onto left
5-6 Large step back on right, drag left beside right, touch
7&8 Step left to left side and rock hips left, right, left

Full turn left can be replaced by prissy walks forward

RIGHT ROCK ¼ TURN LEFT, BOX STEP, POINT STEP

1-2 Rock right to right side making ¼ turn left, recover weight onto left
3-4 Cross step right over left, step left back
5-6 Step right to right side, step forward onto left
7-8 Point right toe to right side, step forward onto right

ROCK FORWARD, SHUFFLE BACK, TOUCH ½ TURN ROCK AND ROCK

1-2 Rock forward left, recover onto right
3&4 Shuffle back, left, right, left

5-6 Touch right toe back, pivot half turn right (weight on right)
7&8 Touch left toe to left and rock hips left, right, left

REPEAT

EASY BRIDGE (TO NEIL MCCOY TRACK ONLY)

After the 3rd wall you will be facing the back there is a 16 count bridge just simply dance counts 1-16 during the instrumental then start the dance again from the beginning.
