

Three Minutes

拍數: 0 牆數: 0 級數:
編舞者: Dennis Dryden (UK)
音樂: Three Minute Positive Not Too Country Up-Tempo Love Song - Alan Jackson



Sequence: ABA, C, B (counts 1-8 only), ABABA, C, B, ABA, C, B, A. Before dancing Part C for the last time, pause on step 16. When music ends, carry on dancing Part A and finish on beat 16 with a stamp (no hook)

PART A

CHASSE RIGHT - WEAVE RIGHT - TAP RIGHT, WEAVE LEFT - TAP LEFT - HOOK

1&2 Side right, left beside right, side right
3&4 Left behind right, side right, left across right
5 Tap right to side & slightly forward
6&7 Right behind left, side left, right across left
8& Tap side left, hook left behind right

CHASSE LEFT - WEAVE LEFT - TAP LEFT, WEAVE RIGHT - TAP RIGHT - HOOK

9&10 Side left, right beside left, side left
11&12 Right behind left, side left, right across left
13 Tap left to side & slightly forward
14&15 Left behind right, side right, left across right
16& Tap side right, hook right behind left

PART B

CHASSE RIGHT TURNING ¼ LEFT - ROCK BACK/REPLACE, LOCK STEP FORWARD/TURN ½ - BACK/HOOK/FORWARD

1&2 Side right, left beside right, side right turning ¼ left
3-4 Left back, replace right
5&6 Forward left, cross right behind left, forward left untwisting ½ right
7&8 Right back, hook left in front of right, forward left

CHASSE RIGHT TURNING ¼ LEFT - ROCK BACK/REPLACE, LOCK STEP FORWARD/TURN ½ - BACK/HOOK/FORWARD

9&10 Side right, left beside right, side right turning ¼ left
11-12 Left back, replace right
13&14 Forward left, cross right behind left, forward left untwisting ½ right
15&16 Right back, hook left in front of right, forward left

PART C

BUMPS RIGHT/RIGHT LEFT/LEFT - VINE RIGHT TURNING ¼ LEFT - LEFT HEEL

1-2 Hip bumps right/right
3-4 Hip bumps left/left
5-6 Side right, left behind right
7-8 Side right -turning ¼ left -tap left heel in front

FORWARD - TAP BACK, BACK - TAP FORWARD - SHUFFLE/TURN ¼ LEFT SIDE/REPLACE

9-10 Forward left -tap right toe back
11-12 Back right -tap left heel forward
13&14 Forward left - step right beside left, forward left turning ¼ left
15-16 Side right, replace left