

Time On My Hands

拍數: 44 牆數: 4 級數: Improver
編舞者: Bob Burnett (UK) & Margaret Burnett (UK)
音樂: Time On My Hands - Deryl Dodd



RIGHT KICK BALL CHANGE TWICE

1&2 Kick right forward, step right beside left, step left beside right
3&4 Kick right forward, step right beside left, step left beside right

RIGHT GRAPEVINE WITH TOUCH

5-8 Step right to right, cross left behind right, step right to right, touch left beside right

LEFT KICK BALL CHANGE TWICE

1&2 Kick left forward, step left beside right, step right beside left
3&4 Kick left forward, step left beside right, step right beside left

LEFT GRAPEVINE WITH TOUCH

5-8 Step left to left, cross right behind left, step left to left, touch right beside left

SHUFFLES TWICE

1&2 Step forward right, close left beside right, step forward right
3&4 Step forward left, close left beside right, step forward left

HEEL SWITCHES, HOLD & CLAPS

1 Right heel forward
&2 Right beside left, touch left heel forward
&3-4 Left beside right, touch right heel forward, hold and clap twice
&5 Right beside left, touch left heel forward
&6 Left beside right, touch right heel forward
&7-8 Right beside left, touch left heel forward, hold and clap twice

SIDE CHASSE AND ROCKS

1&2 Step left to left side, close right beside left, step left to left side
3-4 Rock back on right, rock forward on left
5&6 Step right to right side, close left beside right, step right to right side
7-8 Rock back on left, rock forward on right

SIDE SHUFFLE WITH ¼ TURN LEFT AND PIVOT TURN

1&2 Step left to left turning ¼ turn to left, close right beside left, step forward left
3-4 Step forward on right foot, pivot ½ turn to left transferring weight to left foot, shuffle's forward x 2
5&6 Step forward right, close left beside right, step forward left
7&8 Step forward left, close right beside left, step forward right

REPEAT