

Time To Grow

拍數: 32 牆數: 0 級數:
編舞者: Ruthie B (UK)
音樂: Time to Grow - Lemar



ROCK RECOVER & ROCK RECOVER & CROSS ROCK RECOVER & OVER SIDE BEHIND

1-2& Rock forward on right foot, recover weight to left, close right to left on the & count
3-4& Rock forward on left foot, recover weight to right close left to right on the & count
5-6& Cross rock right over left, recover to left, step on right foot on the & count
7&8 Cross left over right, step right to right side, step left behind right

SWEEP, BEHIND SIDE CROSS, SWAYS, ¼ TURN LEFT, ½ TURN RIGHT

&1&2 Sweep right foot from front to behind on & count, step right behind left, side left, cross right over left
3-4 Sway left, sway right, weight ends on right foot
5&6 Step left forward making ¼ turn left, step on to right make ½ turn left, step back on left
7&8 Step forward on right, stepping back on left making ½ turn right, step back on right

FORWARD TOUCH, & HEEL & TOUCH ¼ TURN RIGHT & HEEL & TOUCH, ROCK & CROSS

1-2 Slow forward on left, touch right beside left
&3&4 Step back on right, place left heel forward, step on to left making ¼ turn right, touch right beside left
&5&6 Step back on right, place left heel forward, step on to left, touch right beside left (no turn)
7&8 Rock right to right side, recover weight to left, cross right over left

SIDE BEHIND ¼ TURN LEFT, ROCK RECOVER ½ TURN RIGHT, ROCK RECOVER, ½ TURN LEFT, HALF TURN STEP TO LEFT CLOSE LEFT BESIDE RIGHT ON & COUNT

1&2 Step left to left side, step right behind left, step forward on left making ¼ turn left
3&4 Rock onto right foot recover weight to left, step forward on right making ½ turn right
5&6 Rock forward on left, recover weight to right, step forward on left making ½ turn left
7&8& Step forward on right pivot ½ turn left stepping on left, step forward on right, close left to right on the & count

REPEAT

TAG

After 2nd repetition of the dance facing back wall leave out the last & count and add

1-2-3&4 Rock out left to left, replace, back coaster step left, right, left
5-6-7&8 Rock out right, replace, back coaster step right, left, right
& Close left to right

Start dance again

RESTART

Wall 4 facing the front dance up to section 3 forward touch & heel and touch making ¼ turn to face front weight is on left ready to restart the dance again