

Used To Be A Time

拍數: 0 牆數: 0 級數:
編舞者: Jill Babinec (USA) & Joanne Brady (USA)
音樂: Don't Happen No More - Pat Benatar



Sequence: AB ABB B(1-16) ABB B(1-16) BB

SECTION A

STOMP, HOLD, HOLD, LEFT SAILOR, STOMP, HOLD, HOLD, LEFT SAILOR WITH ¼ TURN LEFT

1-2-3 Stomp right on diagonal, hold 2, hold 3
&4&5 Left back slightly behind right, right to right side left next to right, stomp right
6-7 Hold, hold
&8& Left back slightly behind right, right to right side, left next to right while making ¼ turn left

STEP, HOLD, ¼ TURN LEFT, HOLD, SWIVEL WALKS FORWARD RIGHT, LEFT, KICK BALL TOUCH

1-2-3-4 Step diagonally forward on right, hold, ¼ turn left (weight on left), hold
5-6 Step forward on ball of right turn right heel in, step forward on ball of left turn left heel in
7&8 Kick right forward, step right next to left, touch left slightly behind right

SYNCOPATED HEEL JACKS & HOLDS

&1-2- Quick step slight back on left, tap right heel forward, hold
3&4 Hold, step back on right, cross left over right
&5-6-7 Step right to right side tap left heel forward, hold, hold
&8& Step back on left, cross right over left, step left to left side

½ TURN MONTEREY RIGHT, ¼ TURN LEFT WITH HIP ROLLS

1-2-3-4 Touch right toe to right side, half turn right stepping down on right next to left, touch left toe out to left side, step left next to right
5-6-7-8 Step forward on right, roll hips counter to the right while making a ¼ turn left (6, 7, 8) (weight ends on left)

TAP RIGHT HEEL FORWARD, HOOK RIGHT IN FRONT OF LEFT

1-2 Tap right heel forward, hook right in front of left

SECTION B

LINDY RIGHT, SHUFFLE LEFT WITH ¼ TURN RIGHT, STEP RIGHT WITH ¼ TURN, CROSS LEFT OVER RIGHT

1&2 Shuffle to right (right, left, right)
3-4 Rock back on left, recover to right
5&6 Shuffle left, right, step on left while making ¼ turn right
7-8 ¼ right stepping side on right, cross left over right

KICK, KICK, STEP BACK, ¼ TURN, ½ PIVOT LEFT, ¼ PIVOT LEFT

1-2-3-4 Kick right foot forward at diagonal 2 times (1, 2), step back on right, step onto left while making a ¼ turn left
5-6- Step forward on right, pivot half turn left weight to left foot
7-8 Step forward on right, ¼ turn pivot to left weight to left foot

RIGHT SAILOR, LEFT SAILOR, TOUCH, UNWIND, SHUFFLE FORWARD

1&2 Right back slightly behind left, left to left side, right next to left
3&4 Left back slightly behind right, right to right side, left next to right
5-6 Touch right toe behind left, ¾ unwind right with weight ending on right foot

7&8 Shuffle forward left-right-left

RIGHT KICK, STEP, POINT, LEFT KICK, STEP, POINT, JAZZ BOX

1&2 Kick right forward, step right next to left, point left toe to left side

3&4 Kick left forward, step left next to right, point right toe to right side

5-6-7-8 Cross right over left, step back on left, step side right, step left slightly forward
