Busy Times

級數: Intermediate



拍數: 32 牆劃 編舞者: Tony Wilson (USA)

音樂: Love Be Still - Trick Pony

CROSS SHUFFLE, ½ TURN ROCK, ROCK & FORWARD, BACK CROSS SIDE

1&2 Cross shuffle forward left-right-left on right diagonal

牆數: 4

- 3-4 Pivot ½ left on left stepping right back, rock forward on left
- 5&6 Rock back on right, step left in place, step right forward on right diagonal
- 7&8 Step left slightly back facing new wall, with body angled left step right across left, step to left side

BACK CROSS ¼ TURN, ½ TURN, SHUFFLE, BACK LOCK STEP, SWAY RIGHT-LEFT-RIGHT

- &1-2 Step right slightly back, step left across right, turn ¼ left stepping right back
- 3&4 Turn ½ left on right and shuffle forward left-right-left (or do a shuffle ½ turn)
- 5-6 With body angled right step back on right, step left back to lock across right
- 7&8 Step right back, step left back and to left side, step right in place (swaying hips right, left, right on counts 7&8)

2X ROCK & SIDE, ROCK & ¼ TURN, SIDE SHUFFLE

- 1&2 Rock back on left behind right, step right in place, step left to left side
- 3&4 Rock back on right behind left, recover on left in place, step right to right side
- 5&6 Rock step left behind right, recover on right in place, turn ¼ right stepping left back
- 7&8 With body angled left step right to right side, drag left next to right, step right to right side

FULL TURN, SHUFFLE, ROCK BACK, BACK CROSS SHUFFLE, &SIDE

- &1 Turn ¼ left and step back on left, step right forward starting right turn,
- 2 Turn ¼ right and step left to left side
- 3&4 Turn ¾ right on left and shuffle forward right-left-right (or do a shuffle ¾ turn)
- 5-6 Rock step left forward, step right back
- 7&8 Step left back, step right across left, step left back and to left side
- & Step right to right side

REPEAT

TAG

After 2 full repetitions of the dance, when you are facing the back wall, the music has a 12 count extra this is repeated when you next face the back wall after 4 more the repetitions. After 1 more repetition, as you face the side wall at 3:00, the music fades away over 12 counts

- 1-2 Step left in place, step right in place
- 3&4 Rock back on left behind right, recover on right in place, step left to left side
- 5-6 Step right in place, step left in place
- 7&8 Rock back on right behind left, recover on left in place, step right to left side
- 9-10 Step left in place, step right in place
- 11&12Rock back on left behind right, recover on right in place, step left to left side&Step right to right side

For counts 1-2, 5-6 and 9-10 feet should be shoulder width apart swaying hips as you step in place.