

Behind Time

拍數: 56 牆數: 4 級數: Intermediate
編舞者: Jan Wyllie (AUS)
音樂: The Heart Stops The Clock - James Bonamy



- 1-4 Rock back on right, rock forward on left, rock forward on right, rock back on left
5-6 Stepping right, left execute a full turn to the right moving backwards
7&8 Making a ½ turn to the right shuffle back right, left, right
- 9-10 Rock forward on left, rock back on right
11&12 Shuffle backwards left, right, left executing a ½ turn left
13& Scuff right forward, step forward onto right
14& Touch right toe behind left, step onto left foot behind right
15 Touch right heel forward
&16 Step right beside left, step left forward
- 17-20 Rock right to right, step left to left, step right across in front of left, hold
21-22 Rock/step left to left, rock/step right to right
23&24 Stamp left beside right, step right slightly back, step forward on left
- 25-26 Rock forward on right, rock back on left
27&28 Shuffle back right, left, right
29-30 Touch left toe back, pivot ½ turn left transferring weight to left
31-32 Step forward on right, pivot ½ turn left transferring weight to left
- 33-36 Swaying hips rock back on right, forward on left, back on right, forward on left
37&38-39&40 Shuffle forward right, left, right left, right, left
- 41-44 Swaying hips rock back on right, forward on left, back on right, forward on left
45-46 Step forward on right, pivot ¼ left
47&48 Hold, stamp right, left
- 49-50 Touch right heel to right diagonal, step right beside left
51-52 Touch left heel to left diagonal, step left beside right
53& Touch right heel to right diagonal. Touch right toe across in front of left
54 Touch right heel to right diagonal
55-56 Rock forward on right while raising left heel, rock back on left

REPEAT
