

# AM To PM

拍數: 48      牆數: 4      級數: Advanced  
編舞者: Rob Fowler (ES) & Paul McAdam (UK)  
音樂: AM to PM - Christina Milian



## MONTEREY, ROCK & CROSS, TURNING FLICK, SWIVELS

1-2      Touch right toe to right side, full turn to right on left foot bringing right by left  
3&4      Rock left to left side, rock onto right, cross step left over right  
&5      Touch right toe to right side, ¼ turn to left on left as you flick right up to rear  
6      Step forward on right  
7&8      On balls of feet, swivel heels right left right to make a ½ turn to the left

## COASTER, KICK, TURNING HITCH, SWITCHES, HEEL TWISTS

9&10      Step back on left, right by left, step forward on left  
11&12&      Kick right forward, kick right heel back, ¼ turn to right on left foot and hitch right knee, step right by left  
13&14      Touch left to left side, step left by right, touch right to right side  
15&16      Touch right toe forward with heel twisted to left, twist heel to right, twist heel to center

## LOOK DOWN & UP, KICK, COASTER TURN, KICK-CROSS-UNWIND

&17      Look down, look forward  
18      Kick right foot forward  
19&20      Step back on right, step left by right, turn ¼ to right on left foot as right foot steps across in front of it  
&21      Step left to left side, cross step right in front of left  
22-23      Kick left to left diagonal, cross step left over right  
24      Unwind ¾ turn to right

## OUT-OUT, KNEE ROLLS, ROLL, TRAVELING APPLEJACKS

&25      Step back and slightly out on right foot, step left to left side  
26      Roll right knee in  
27&28      Roll right knee out, in, out  
29-30      Step ¼ turn to left on left foot, ½ turn to left on left stepping back on right  
31      Make a ¼ turn to left on right foot stepping left to left side with both toes out  
&32&      Toes in, out, in as you travel to the left

## TURNING STEPS

34-34      Step right diagonally forward, ¼ turn to left as you touch left by right  
35-36      Step left diagonally back, ¼ turn to left as you touch right by left  
37-38      Step right diagonally forward, ¼ turn to left as you touch left by right  
39-40      Step left diagonally back, ¼ turn to left as you touch right by left

## SKATERS, SHUFFLE, ROCK, 1 ¼ TURNS

41-42      Right skater step traveling slightly forward, left skater step traveling slightly forward  
43&44      Smooth shuffle to right (right, left, right)  
45-46      Rock forward left over right, recover onto right  
47      Make a ¼ turn to left stepping forward on left foot  
48      Full turn to left on ball of left foot, ending with right by left

## REPEAT

## TAG

Complete dance 4 times. After count 16 on the fifth wall (you will be facing the back) place arms by sides and raise to head height over four beats - then start dance again

#### **FINISH**

You will end the dance facing the back wall, at count 32&. While doing the applejacks put arms to sides and hold elbows to sides with arms out - hands facing forward when your heels are together, hands in and elbows out when toes are together (like the old space invaders!)

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