

Three Times

拍數: 48 牆數: 2 級數: Beginner
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音樂: It's Been A Long Long Time - The Ink Spots



STEP BRUSH, 4 TIMES

- 1-2-3-4 Step right to right, brush left forward and across right, step left to left, brush right forward and across left
5-6-7-8 Step right to side, brush left forward and across right, step left to left, brush right forward and across left

Option for counts 1-8: 1&2 step right to right, left cross rock (stepping on ball of foot), recover back onto right, repeat with left, right, left (3&4-5&6-7&8)

STEP, SLIDE, STEP, TOUCH, STEP, SLIDE, STEP, TOUCH

- 1-2 Step right forward diagonal right, slide left behind right
3-4 Step right forward diagonal right, brush left forward
5-6 Step left forward diagonal left, slide right behind left
7-8 Step left forward diagonal left, brush right forward

ZIG-ZAG BACK, RIGHT, TOUCH, LEFT, TOUCH, RIGHT, TOUCH, LEFT TOUCH

- 1-2 Step right back diagonal right, touch left next to right
3-4 Step left back diagonal left, touch right next to left
4-6 Step right back diagonal right, touch left next to right
7-8 Step back left diagonal left, touch right next to left

Option for counts 1-8: shuffle back on diagonals right, left, right, left

VINE RIGHT, TOUCH, VINE LEFT, TOUCH

- 1-2-3-4 Step right to side right, cross left behind right, step right to side right, touch left next to right
5-6-7-8 Step left to side left, cross right behind left, step left to side left, touch right next to left

Option for counts 1-8: do turning vines right and left

KICK BALL CHANGE (TWICE), STEP, TURN ¼ LEFT (TWICE)

- 1&2 Kick right forward, step ball of right foot next to left, step left next to right
3&4 Kick right forward, step ball of right foot next to left, step left next to right
5-6 Step right forward and turn ¼ turn left, step left forward
7-8 Step right forward and turn ¼ turn left, step left forward

KICK BALL CHANGE (TWICE), STEP TOUCH, STEP TOUCH

- 1&2 Kick right forward, step ball of right next to left, step left next to right
3&4 Kick right forward, step ball of right next to left, step left next to right
5-6 Step right forward diagonal right, touch left next to right
7-8 Step left back diagonal left, touch right next to left

REPEAT
