

Quarter After One

拍數: 56 牆數: 4 級數: Intermediate
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音樂: Need You Now - Lady A : (CD: Single)



R Side Rock-Recover, Cross & Cross, ¼ Turn (R), ¼ Turn (R), Shuffle Forward

1-2 Rock right to side, recover to left
3&4 Crossing chassé right, left, right
5-6 Turn ¼ right and step left back, turn ¼ right and step right forward
7&8 Chassé forward stepping (left, right, left)

Forward Rock-Recover, 3 Steps Back, Coaster Step, Step Forward

1-2 Rock right forward, recover to left
3-4 Step right back, step left back
5-6 Step right back, step left back
&7 Step right together, step left forward
8 Step right forward

L Side Rock-Recover, Cross & Cross, ¼ Turn (Left), ¼ Turn (Left) Shuffle Forward

1-2 Rock left to side, recover to right
3&4 Crossing chassé left, right, left
5-6 Turn ¼ left and step right back, turn ¼ left and step left forward
7&8 Chassé forward right, left, right

Forward Rock-Recover, 3 Steps Back, Coaster Step, Step Forward

1-2 Rock left forward, recover to right
3-4 Step left back, step right back
5-6 Step left back, step right back
&7 Step left together, step right forward
8 Step left forward

Cross Rock-Recover, Side Sways, Side Shuffle (R), Cross Over, ¾ Spiral Turn (R)

1-2 Cross/rock right over left, recover to left
3-4 Step right to side (sway), step left to side (sway)
5&6 Shuffle to side stepping (right, left, right)
7-8 Cross/touch left over right, unwind ¾ right (weight to right)

Step Lock Forward, ½ Pivot (Left), ½ Shuffle Turn (Left), Coaster Step

1&2 Locking chassé forward left, right, left
3-4 Step right forward, turn ½ left (weight to left)
5&6 Triple in place turning ½ left stepping (right, left, right)
7&8 Step left back, step right together, step left forward

Jazz Box Cross, Full Turn (Right), Side Step, Cross

1-2 Cross right over left, step left to side
3-4 Step right to side, cross left over right
5-6 Turn ¼ right and step right forward, turn ¼ right and step left to side (6:00)
7-8 Turn ½ right and step right to side, cross left over right

Option: you can leave the turns out if you like and just weave to the right

Repeat

TAG: AFTER the 2nd time through ADD following then proceed to start from the beginning

1-2

Step right to side, touch left together (snap fingers)

3-4

Step left to side, touch right together (snap fingers)
