

Three at a Time

拍數: 68 牆數: 4 級數: Intermediate
編舞者: Jos Slijpen (NL) - April 2011
音樂: Three at a Time - Jim Byrom : (CD: Whiskey Uniform)



Intro: 8 counts (Start on the word 'Time')

CHASSE R, BACK ROCK L, RECOVER, 1/4 TURN R, 1/2 TURN R, 1/2 TURN R, HOOK R

1&2 Step right to right side, step left together, step right to right side
3-4 Rock back on left, recover weight on right
5-6 Make 1/4 turn right stepping back on left, make 1/2 turn right stepping forward on right
7-8 Make 1/2 turn right stepping back on left, hook right in front of left [3]

STEP-LOCK-STEP, STEP, PIVOT 1/4 TURN R, WEAVE, SIDE TOUCH R

1&2 Step forward right, lock left behind right, step forward right
3-4 Step forward left, pivot 1/4 turn right
5-6 Cross step left over right, step right to right side
7-8 Step left behind right, touch right out to right side [6]

R+L SAMBA STEPS, CROSS STEP R, 1/4 R, 1/4 TURN SHUFFLE R

1&2 Cross step right over left, rock left out to left side, recover weight on right
3&4 Cross step left over right, rock right out to right side, recover weight on left
5-6 Cross step right over left, make 1/4 turn right stepping back on left
7&8 Make 1/4 turn right stepping forward on right, step left together, step forward right [12]

FWD ROCK L, RECOVER, COASTER STEP, STEP, PIVOT 1/2 TURN L, 1/2 TURN L, 1/2 TURN L

1-2 Rock forward left, recover weight on right
3&4 Step back on left, step right together, step forward left
5-6 Step forward right, pivot 1/2 turn left
7-8 Make 1/2 turn right stepping back on right, make 1/2 turn right stepping forward on left [6]

STEP-LOCK-STEP, FWD ROCK L, RECOVER, SAILOR STEP L (travelling back), SAILOR STEP R (travelling back)

1&2 Step forward right, lock left behind right, step forward right
3-4 Rock forward left, recover weight on right
5&6 Step left behind right, step right to right side, step left to left side
7&8 Step right behind left, step left to left side, step right to right side

Travelling back on counts 5&6 and 7&8

BACK TOUCH L, 1/2 TURN L, 1/4 L CHASSE, CROSS STEP L, UNWIND FULL TURN R, COASTER STEP R

1-2 Touch left back, make 1/2 turn left (weight on left) [12]
3&4 Make 1/4 turn left stepping right to right side, step left together, step right to right side [9]
5-6 Cross left over right, unwind full turn right bringing weight on left
7&8 Step back on right, step left together, step forward right

FWD STEP L, HOLD, FWD STEP R, HOLD, BACK STEP-LOCK-STEP, TOUCH BACK, 1/2 TURN R

1-2 Step forward left, hold
3-4 Step forward right, hold
5&6 Step back on left, lock right over left, step back on left
7-8 Touch right back, turn 1/2 right bringing weight on right [3]

POINT L, CROSS STEP L, POINT R, POINT FRONT, SAILOR 1/2 TURN R, FWD ROCK L, RECOVER

1-2 Point left to left side, cross step left over right
3-4 Point right to right side, point right in front of left

Restart here on Wall 1

5&6 Sweep right behind left making 1/2 turn right, step left to left side, step right to right side [9]
7-8 Rock forward on left, recover weight on right

SAILOR 1/2 TURN L, SWAY R, SWAY L

1&2 Step left behind right making 1/2 turn left, step right to right side, step left to left side [3]
3-4 Step right slightly out and sway right, sway left

Start again

Restart dance on wall 1 after count 60 facing 3 o'clock wall.

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