

A Minute In Time

拍數: 32 牆數: 4 級數: Beginner / Improver
編舞者: Derek Robinson (UK) - March 2010
音樂: From Time to Time - Rascal Flatts : (CD: Rascal Flatts)



Alt. Music:-

Guilty Of The Crime by The Eagles (116 bpm). CD Long Road Out Of Eden.

Guilty Of The Crime by The Bellamy Brothers feat. The Bacon Brothers. CD Single.

All tracks available to download from iTunes.

Start dance after 48 counts.

Sec 1: WALK FORWARD RIGHT, LEFT, ROCK RIGHT, STEP FORWARD, PIVOT ½ RIGHT, ROCK LEFT, CROSS.

1-2 Walk forward right, left.
3&4 Rock to right side on right, rock onto left in place, step forward right.
5-6 Step forward left, pivot ½ turn right. (6 o'clock).
7&8 Rock to left side on left, rock onto right in place, cross left over right.

Sec 2: SIDE RIGHT, BEHIND, ROCK RIGHT & CROSS, SIDE LEFT, BEHIND, ROCK LEFT & CROSS

1-2 Step right to right side, cross left behind right.
3&4 Rock to right side on right, rock onto left in place, cross right over left.
5-6 Step left to left side, cross right behind left.
7&8 Rock to left side on left, rock onto right in place, cross left over right.

Sec 3: TURN ¼ LEFT X 2, CROSS SHUFFLE, ROCK LEFT, SAILOR ¼ TURN LEFT.

1-2 Turn ¼ left stepping back on right, turn ¼ left stepping left to left side. (12 o'clock)
3&4 Cross right over left, close left beside right, cross right over left.
5-6 Rock to left side on left, rock onto right in place.
7&8 Making ¼ turn left cross left behind right, step right to right side, step left in place. (9 o'clock).

Sec 4: PIVOT ½ LEFT, SHUFFLE FORWARD RIGHT, PIVOT ½ RIGHT, SHUFFLE FORWARD LEFT.

1-2 Step forward right, pivot ½ turn left.
3&4 Step forward right, close left beside right, step forward right.
5-6 Step forward left, pivot ½ turn right.
7&8 Step forward left, close right beside left, step forward left. (9 o'clock)

Repeat