

30 Minutes...

拍數: 32 牆數: 4 級數: Improver
編舞者: Stephen Gell (UK) - September 2012
音樂: 30 Minute Love Affair - Paloma Faith : (Album: Fall to Grace - iTunes)



Intro: 16 Counts (Improver floor split for "Blink Of An Eye")

[1 – 8] Rock, Recover, Full Turn Right, Rock, Recover, Kick And Cross

1 – 2 Rock right to right side, Recover left
3 & 4 Make ¼ turn right with right foot, Make ½ turn right stepping back on left, Make ¼ turn right stepping right to right side

Easy Option: 3 & 4 Step right to right side, Step left next to right, Step right next to right side

5 – 6 Rock back on left, Recover right
7 & 8 Kick left foot forward, Step left in place, Cross right over left

[9 – 16] Rock, Recover, Left Sailor Step, Right Jazz Box

1 – 2 Rock left foot to left side, Recover on right
3 & 4 Cross left behind right turning ¼ left, Step right to right side, Step left in place
5 – 6 Cross right over left, Step back on left
7 – 8 Step right to right side, Step forward on left

[17 – 24] Step ½ Pivot, Step ¼ Pivot, Right Jazz Box

1 – 2 Step forward on right, Pivot ½ turn left
3 – 4 Step forward on right, Pivot ¼ turn left
5 – 6 Cross right over left, Step back on left
7 – 8 Step right to right side, Step forward on left

Restart/Tag: Restart On Wall 3 At This Point And Restart From The Beginning. Tag: There Is A 4 Count Tag On Wall 7 At This Point Then Restart From The Beginning.

[25 – 32] Step ½ Pivot, ½ Pivot Left, ½ Shuffle Left, ¼ Turn Left, Left Sailor Step

1 – 2 Step forward right, Pivot ½ turn left
3 Make ½ turn left stepping back on right
4 & 5 Make ½ turn shuffle left (weight on left, facing 6 o'clock)
6 Make ¼ turn left stepping right foot to right side
7 & 8 Cross left behind right, Step right to right side, Step left in place (weight on left)

Tag: Danced Once On Wall 7 After 24 Counts Then Restart The Dance From Beginning

[1 – 4] 4x Sways

1 – 4 Sway right, Sway left, Sway right, Sway left

Ending: Dance Up To Counts 4 & 5 Of The Last Section Of The Dance, You Will End The Dance Facing The Front Wall.