

# 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.**