Prime Time



Count: 64 Wand: 0 Ebene:

Choreograf/in: Deb Crew (CAN)

Musik: Day Off - Ronnie McDowell



RUNNING MAN & 3-STEP SHUFFLES (MOVING FORWARD)

Step forward on left, slide back on left hitching right kneeStep forward on right, slide back on right hitching left knee

3&4 One 3-step shuffle forward: (left-right-left)

Step forward on right, slide back on right hitching left kneeStep forward on left, slide back on left hitching right knee

7&8 One 3-step shuffle forward: (right-left-right)

3-STEP SHUFFLES MOVING BACKWARDS

9&10 One 3-step shuffle backwards (cross left behind right on first step of shuffle) weight on left
11&12 One 3-step shuffle backwards (cross right behind left on first step of shuffle) weight on right

SYNCOPATED STEPS & CLAPS

Step out left, step out right (feet are slightly apart) weight on right
Step in with left, step right over left (legs are crossed) weight on right
Step out left, step out right (feet are slightly apart) weight on right

&16 Clap, clap

17-32 Repeat steps 1-16 (shift weight to left foot on count 32)

RIGHT KICK-BALL-CHANGE; BALL-CHANGE; BALL-TOUCH

Moving to the right on the ball-change steps-like the electric slide

33&34 Kick right forward, step down on ball of right foot, step left beside right
&35 Step side right on ball of right foot, step ball of left foot beside right
&36 Step side right on ball of right foot, touch left beside right weight on right

SLIDE-TOGETHER-SLIDE-KICK (SYNCOPATED)

&37 Step side left on ball of left foot, step ball of right together with left

&38 Step side left on ball of left foot, kick right foot forward

Step side right on ball of right foot, step ball of left together with right Step side right on ball of right, touch left beside right weight on right

LEFT KICK-BALL-CHANGE; BALL-CHANGE; BALL-TOUCH

Moving to the left on the ball-change steps-like the electric slide

Kick the left forward, step down on ball of left foot, step right beside left

Step side left on ball of left foot, step ball of right foot beside left
Step side left on ball of left foot, touch right beside left weight on left

SIDE-TOGETHER-SIDE-KICK (SYNCOPATED)

&45 Step side right on ball of right foot, step ball of left together with right

&46 Step side right on ball of right, kick left foot forward

Step side left on ball of left foot, step ball of right together with left

&48 Step side left on ball of left foot, touch right beside left

HALF-VINES, SHUFFLES & 1/4 TURNS

49-50 Step side right, step left behind right

51&52 One 3-step shuffle on-the-spot (right-left-right)

53-54	Step side left, step right behind left
55&56	One 3-step shuffle on the spot (left-right-left)
57-58	Step forward right, ¼ turn left weight on left
59-60	Step forward right, ¼ turn left weight on left

WALK FORWARD; SHUFFLE IN PLACE

61-62 Walk forward right, forward left

One 3-step shuffle on-the-spot (right-left-right)

REPEAT

TAG

For the song "Day Off" only, after repetition 3

1-2 Clap twice

Start from step 1