

Metronome

Count: 32

Wall: 4

Level: Improver

Choreographer: Gaye Teather (UK)

Music: Precious Time - Dave Sheriff



RIGHT CHASSE, CROSS ROCK, LEFT CHASSE WITH QUARTER TURN LEFT, STEP FORWARD RIGHT, PIVOT HALF TURN LEFT

- 1&2 Step right to right side, close left to right, step right to right side
- 3-4 Cross rock left foot over right, recover weight back onto right foot
- 5&6 Step left to left side, close right to left, step left quarter turn left
- 7-8 Step forward on right foot, pivot half turn left

ROCK FORWARD RIGHT, RECOVER, HITCHES & SCOOTS BACK, STEP BACK, TAP LEFT ACROSS, LEFT LOCK STEPS FORWARD

- 9-10 Rock forward on right foot, recover weight back onto left
- &11 Hitch right knee while scooting back on left foot, step back on right
- &12 Hitch left knee while scooting back on right foot, step back on left
- &13 Hitch right knee while scooting back on left foot, step back on right
- 14 Tap left toe across right foot
- 15&16 Step forward on left, lock right behind left, step forward on left

SYNCOATED TOE AND HEEL TAPS

- 17-18 Tap right toes behind left foot twice
- &19-20 Transfer weight quickly back onto right foot, tap left heel forward twice
- &21-22 Bring left foot back into place and tap right toes behind left foot twice
- &23-24 Transfer weight quickly back onto right foot, tap left heel forward twice

ROCK STEP, SHUFFLE HALF TURN RIGHT, ROCK STEP, COASTER STEP

- &25-26 Bring left foot back into place, rock forward onto right, recover onto left
- 27&28 Shuffle half turn right stepping right, left right
- 29-30 Rock forward onto left foot, recover back onto right
- 31&32 Step back left, close right next to left, step forward left

REPEAT

When dancing to the Tom Jones track you may wish to substitute the following variation to reflect the song's theme!!

- &21-24 Rotate hips twice to the left over 4 counts or alternatively do a body roll forward.
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