Single Time, Double Time

级数: Beginner

编舞者: Judy Rice (USA) - November 2015

墙数:4

音乐: I Love This Life - LOCASH

GRAPEVINE RIGHT, QUICK WEAVE VINE LEFT

拍数: 48

- Step right foot to side, step behind on left foot. 1,2
- 3.4 Step R foot to side, touch L toe next to R foot.
- 5&6& Quickly step L foot to side, step behind on R foot, step L to side, cross R foot in front.
- Quickly step L foot to side, step behind on R foot, step L foot to side. 7&8

RIGHT ROCKING CHAIR, QUICK RIGHT ROCKING CHAIR, RIGHT SHUFFLE FORWARD

- 9,10 Step R foot forward, rock back on L foot.
- 11,12 Step R foot back, rock forward on L foot.
- 13&14& Quickly step R foot forward, rock back on L foot, step R foot back, rock forward on L foot.
- 15&16 Triple step (cha-cha-cha) forward R-L-R.

GRAPEVINE LEFT, QUICK WEAVE VINE RIGHT

- 17,18 Step left foot to side, step behind on right foot.
- 19,20 Step L foot to side, touch R toe next to L foot.
- 21&21& Quickly step R foot to side, step behind on L foot, step R to side, cross L foot in front.
- 23&24 Quickly step R foot to side, step behind on L foot, step R foot to side.

LEFT ROCKING CHAIR, QUICK LEFT ROCKING CHAIR, LEFT SHUFFLE FORWARD

- Step L foot forward, rock back on R foot. 25.26
- 27,28 Step L foot back, rock forward on R foot.
- Quickly step L foot forward, rock back on R foot, step L foot back, rock forward on R foot. 29&30&
- 31&32 Triple step (cha-cha-cha) forward L-R-L.

RIGHT, LEFT STEP TOUCHES, QUICK RIGHT, LEFT STEP TOUCHES,, RIGHT KICK-BALL-CHANGE

- 33,34 Step R foot to side, touch L toe next to R foot.
- 35.36 Step L foot to side, touch R toe next to L foot.
- Quickly step R foot to side, touch L toe next to R foot, step L foot to side, touch R toe next to 37&38& L foot.
- 39&40 Kick R foot out, step on ball of R foot, then step on left foot.

RIGHT, LEFT HEEL TOUCHES, RIGHT, LEFT HEEL SWITCHES, STEP 1/4 TURN PIVOT

- 41,42 Touch R heel forward, step down on R foot.
- 434,4 Touch L heel forward, step down on L foot.
- 45&46& Quickly touch R heel forward, step down on R foot, touch L heel forward, step down on L foot.
- 47,48 Touch R toe forward, pivot 1/4 turn to the left, keeping weight on left.

This dance has no tags or restarts. In each 8 count, you do the same steps slow then fast - single time, double time, sometimes with one more set of steps to finish the 8 count. Enjoy!!

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