Take A Minute AB



拍数: 40 编数: 4 级数: Absolute Beginner / Beginner

编舞者: Maryse Fourmage (FR) - 10 October 2024

音乐: Take A Minute - Ashleigh Dallas



Start: 16s. approximately, On the lyrics 'There's so much'

[1-8] K, Touch with Clap

1-2	RF on R diagonal FW, Touch LF next to RF with Clap
3-4	LF on L diagonal Back, Touch RF next to LF with Clap
5-6	RF on R diagonal Back, Touch LF next to RF with Clap
7-8	LF on L diagonal FW, Touch RF next to LF with Clap

[9-16] Side, Together, Side, Scuff, Side, Together, Side, Scuff *(Option : Vine, Scuff)

1-2	RF to the R side, LF next to RF
3-4	RF to the R side, L Scuff
5-6	LF to the L side, RF next to LF
7-8	LF to the L side, R Scuff

[17-24] Rocking-Chair, Walk FW, L Kick with Clap

1-2	RF FW, Recover to LF
3-4	RF Back, Recover to LF

5-6 RF FW, LF FW

7-8 RF FW, L Kick FW with Clap

[25-32] Backx3, Touch, Vine 1/4 L, Touch

1-2	LF Back, RF Back
1-4	LI Dack, IXI Dack

3-4 LF Back, Touch RF next to LF

5-6 RF to the R side, Cross LF behind RF

7-8 Make ¼ R with RF FW, Touch LF next to RF

[33-40] Bump L, Bump R, Cross, Back, Side, Touch

1-2	L Bump with LF to the L side, L Bump
3-4	R Bump, R Bump (Weight is on RF)
5-6	Cross LF over RF, RF Back

7-8 LF to the L side, Touch RF next to LF

Smile et enjoy the dance

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