Precious Time



拍数: 32 墙数: 4 级数: Improver

编舞者: Beth Webb (USA)

音乐: Precious Time - Van Morrison



SHUFFLE, STEP TURN, SHUFFLE, ROCK STEP

1&2 Right shuffle moving forward (right-left-right)3-4 Step forward with left making ½ turn to right

Weight ends on right

5&6 Left shuffle moving forward (left-right-left)7-8 Step forward with right, rock back on to left

TURNING JAZZ BOX WITH TOE STRUTS

1-2 Cross right over left, toe down first then heel. Snap fingers on count two while stepping down

on heel

3-4 Step back left, toe down first then heel. Snap fingers on count four while stepping down on

heel

5-6 Step to right with right foot while making ¼ turn to left, toe first then heel. Snap fingers on

count 6 while stepping down on heel

7-8 Step left next to right, toe first then heel. Snapping fingers on count four while stepping down

on heel

KICK BALL CHANGES, 1/4 TURNS

1&2 Kick right forward, step guick on ball of right, step left

3-4 Step forward right, make ¼ turn to left

Weight ends on left

5&6 Kick right forward, step quick on ball of right, step left

7-8 Step forward right, make ¼ turn to left

Weight ends on left

STEP HOLDS. WALK FORWARD WITH THREE STEP TURN MOVING FORWARD

1-2 Step forward right, hold

&3-4 Quick step forward left, step forward right, hold

&5-6 Quick step forward left, step forward right, step forward left while making a 1/4 turn to left

7-8 Step side right to right while making ½ turn to left, step side left with ¼ turn

If you do not wish to turn, simply walk forward left, right, left on counts 6,7,8

REPEAT