# **Precious Time**



编舞者: Julie Easter (UK)

音乐: Precious Time - Van Morrison



#### SHUFFLE FORWARD, ROCK FORWARD, SHUFFLE BACK, ROCK BACK

1&2	Shuffle	forward,	riaht	left	riaht
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3-4 Rock forward on left foot, rock back onto right foot

5&6 Shuffle back, left, right, left

7-8 Rock back on right foot, rock forward onto left foot

## VINE RIGHT, HOOK & SLAP, VINE LEFT, HOOK & SLAP

9-11	Step right to right side, cross left behind right, step right to right side
12	Hook left leg behind right knee and slap left foot with right hand
13-15	Step left to left side, cross right behind left, step left to left side
16	Hook right leg behind left knee and slap right foot with left hand

### QUARTER TURN WITH KICK, STEP BACK & TOUCH TWICE

17-18	Step right foot to right side pivoting ¼ turn to right, kick left foot forward
19-20	Step back on left, touch right next to left
21-22	Step right foot to right side pivoting ¼ turn to right, kick left foot forward
23-24	Step back on left, touch right next to left

### STEP TO RIGHT, HALF TURNS TWICE, STEP FORWARD, HOOK & SLAP

25-26	Step right to right side, clap while holding for one count
27-28	Pivot ½ turn to right on right foot stepping left next to right, clap while holding for one count
29-30	Pivot ½ turn to left on left foot stepping right next to left, clap while holding for one count
31-32	Step forward on left foot, hook right leg behind left knee and

slap right foot with left hand

Alternative for steps 31-32 - coaster step, step back on left, close right to left, step forward on left foot

#### REPEAT