

Step In Time

拍数: 48 墙数: 4 级数: Improver
编舞者: Lois Lightfoot (UK)
音乐: Like a Rock to a Window - Darryl & Don Ellis



STEP TOUCH, DIAGONALLY FORWARD, THEN BACK

- 1-2 Step right foot diagonally forward, touch left next to right. Click fingers
- 3-4 Step left foot diagonally back, touch right next to left. Click fingers
- 5-6 Step right foot diagonally back, touch left next to right. Click fingers
- 7-8 Step left foot diagonally forward, brush right next to left, click fingers

RIGHT JAZZ BOX, SCUFF, LEFT JAZZ BOX, SCUFF

- 9-10 Step right foot over left foot, step left foot back
- 11-12 Step right foot to side, scuff left next to right
- 13-14 Step left foot over right foot, step right foot back
- 51-16 Step left foot to side, scuff right next to left

STEP, TOUCH, STEP TOUCH, STEP. HOLD ¼ TURN HOLD

- 17-18 Step right to side, touch left next to right & clap
- 19-20 Step left to left side, touch right next to left & clap
- 21-22 Step right to side, hold (point both hands to right side)
- 23-24 Swivel ¼ turn to left on ball of both feet, hold (point both hands forward)

HEEL STRUTS FORWARD, SLOW COASTER FORWARD

- 25-26 Step forward on right heel, bring right toe down
- 27-28 Step forward on left heel, bring left toe down
- 29-30 Step right foot forward, step left foot next to right
- 31-32 Step right foot back, hold for one beat

TOE STRUTS BACK, SLOW COASTER BACK

- 33-34 Step left toe back, bring left heel down
- 35-36 Step right toe back, bring heels down
- 37-38 Step left foot back, step right foot next to left
- 39-40 Step left foot forward, hold for one beat

TOUCH OUT STEP BACK RIGHT & LEFT, MONTEREY TURN

- 41-42 Touch right toe out to side, step right foot back slightly behind left
- 43-44 Touch left toe out to side, step left foot back slightly behind right
- 45-46 Touch right out to side, pivot a ½ turn to right on right as you step right in place
- 47-48 Touch left out to side, step left next to right foot

REPEAT