

Captured Time

拍数: 48 墙数: 4
编舞者: Barbara R. K. Wallace (CAN)
音乐: Time In A Bottle - Jim Croce



Introduction: 24 counts of music, pause for one count then begin

RIGHT CROSS ROCK, RECOVER, RIGHT CROSS STEP, SWEEP

1-2-3 Cross rock right over left, recover back on left, step right over left
4-5-6 Sweep left toe to the right in semicircle (over 3 counts)

LEFT CROSS ROCK, RECOVER, LEFT CROSS STEP, SWEEP ¼ LEFT

7-8-9 Cross rock left over right, recover back on right, step left over right
10-11-12 Sweep right toe to the left while making a ¼ turn to the left (over 3 counts)

WEAVE LEFT, MAKE ¼ TURN LEFT, PIVOT LEFT

13-14-15 Cross right over left, step side left, cross right behind left
16-17-18 Make ¼ turn left as you step forward on left foot, step forward on the right foot, pivot ½ turn left

STEP FORWARD RIGHT AND POINT LEFT TOE TO SIDE AND HOLD, STEP BACK LEFT AND POINT RIGHT TOE TO SIDE AND HOLD

19-20-21 Step forward on the right, point left toe to left side, hold
22-23-24 Step back on the left foot point right toe to right side and hold

SAILOR RIGHT, SAILOR LEFT

25-26-27 Cross right behind left, step side left, step together with the right
28-29-30 Cross left behind right, step side right, step together with the left

HALF TURN RIGHT, HALF TURN RIGHT

31-32-33 Touch right toe back, make half turn right in two counts as you put your weight on the right foot
34-35-36 Touch left toe forward, make half turn right in two counts as you put your weight on the left foot

BASIC WALTZ BACK, BASIC WALTZ FORWARD MAKING ¼ TURN LEFT

37-38-39 Step back on right, step left beside right, step in place on right
40-41-42 Step forward on left as you make a ¼ turn to the left, step right beside left, step in place on left

KICK RIGHT FORWARD, OUT OUT RIGHT LEFT, DRAW RIGHT BESIDE LEFT

43-44-45 Low kick forward with the right foot, step out on right, step out on left (leave weight on left)
46-47-48 Draw right to meet left foot in 3 counts (weight stays on left)

REPEAT

RESTART

On wall 4 dance to count 24, pause for one count, then restart from the beginning(3:00 wall)

ENDING

You will be facing the 9:00 wall. Slowly face the front wall and point the left toe to the side