High Time Baby



拍數: 64 牆數: 2 級數: Intermediate

編舞者: Fabian Müller (CH) - 2023 音樂: High Time - Nickelback



Sect 1 KICK, FLICK, KICK, FLICK, STOMP UP, KICK BALL STOMP UP

1 – 2	Kick R forward – Jump on R and flick L
3 – 4	Kick L forward – Jump on L and flick R
5 – 6	Stomp up R next to L – Kick R forward
7 – 8	Step on R next to L – Stomp up L next to R

Sect 2 KICK, FLICK, KICK, FLICK, STOMP UP, KICK BALL STOMP UP

1 – 2	Kick L forward – Jump on L and flick R
3 – 4	Kick forward R – Jump on R and flick L
5 – 6	Stomp up L next to R – Kick L forward
7 – 8	Step on L next to R – Stomp up R next to L

Restart in 8th wall

Sect 3 GRAPEVINE, SCUFF, 1/4 GRAPEVINE TURN, SCUFF

1 – 2	Side step R – Cross L behind R
3 – 4	Side step R – Scuff L next to R
5 – 6	Side step L – Cross R behind L

7 – 8 ¼ Turn left and step forward L – Scuff R next to L

Sect 4 JUMPING JAZZ BOX, HITCH, STOMP UP, STOMP, SCUFF

1 – 2	Cross R in front of L – Kick forward R
3 – 4	Kick forward L – Cross L in front of R
5 – 6	Jump on R and hitch L – Stomp up L next to R
7 _ 8	Stomp I forward - Scuff R next to I

Sect 5 LOCK STEP, SCUFF, LOCK STEP, SCUFF

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Step forward R – Lock L behind R
Step forward R – Scuff L next to R
Step forward L – Lock R behind L
Step forward L – Scuff R next to L

Sect 6 ROCK, RECOVER, ½ TURN, HOLD, FULL TURN, STEP, HOLD

1 – 2	Rock step forward R – Recover L
3 – 4	½ Turn right and step forward R - Hold
5 – 6	½ Turn right and step back L – ½ Turn right and step forward R
7 – 8	Step forward L – Hold

Sect 7 ROCK, RECOVER, 1/4 TURN, HOLD, CROSS ROCK, RECOVER, SIDE STEP, HOLD

1 – 2	Rock step forward R – Recover L
3 – 4	1/4 Turn right and step side R - Hold
5 – 6	Cross rock step L in front of R – Recover R
7 – 8	Side Step L – Hold

Sect 8 JUMPING BACK ROCK, RECOVER, STOMP UP, JUMPING BACK ROCK, RECOVER, 2X STOMP UP, HOLD

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1 – 2	Jumping diagonal back rock R to right – Recover L

3 – 4 Stomp up R next to L – Jumping diagonal back rock R to right

- 5-6 Recover R Stomp up R next to L
- 7 8 Stomp up R next to L Hold