Back in Time



拍數: 40 牆數: 4 級數: Intermediate

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音樂: Back In Time (From Men In Black III) - Pitbull: (Men In Black 3 OST)



Intro: 48 counts (22 seconds) weight starts even between feet.

Dance starts with the last 8 counts (33-40) with 3 restarts, all after 32nd count on wall 2 (while facing 6 o'clock), and walls 5 & 9 (both while facing 3 o'clock).

[1-8] facing 12 o'clock

Rock right, behind, Right, Forward, 1/4 turn, 1/4 turn, kick left, touch back.

1,2,3,4 Right foot rocks out to right on 1, then behind on 2, then right on 3, step forward on 4,

prepping for (2) 1/4 turns over right shoulder for 5,6.

5,6 Step left with 1/4 turn over right shoulder on 5 facing 3 o'clock, continue momentum 1/4 turn

over right shoulder stepping to right squaring up to 6 o'clock on 6.

7&8 Kick left on 7, recover weight to left on &, right foot touches back on 8.

[9-16] facing 6 o'clock

Point right and hold, switch left and turn, roll it down, and roll it up.

1,2,3,4 Point right on 1, and hold on 2, switch to point left on 3, pivot 1/4 turn to left to face 3 o'clock

on 4.

5&6 body roll down (head, shoulders, seat).7&8 Body roll up (push knees, hips, chest).

[17-24] facing 3 o'clock

right kick, point left, left Kick, point right, back paddle 5, 6, 7, together.

1&2 Kick right, recover point left.3&4 Left kick, recover point right.

5,6,7,8 Weight on ball of left foot with knee slightly bent as pivot point, Four 1/4 paddles over right

shoulder on 5,6,7, on the last paddle feet come together to complete full turn on 8.

[25-32] facing 3 o'clock (Hour glass)

Back right lock right, slide left, together, forward right lock right, slide left, together.

1&2& Traveling backward at diagonal angle to the right - step back right on 1, lock left on &, back

right on 2, together on &.

3,4 Step left on 3, slide together on 4.

5&6& Traveling at a forward diagonal angle to the right - step forward right on 5, lock left on &,

forward right on 6, together on &.

7,8 Step left on 7, slide together on 8.

[33-40] facing 3 o'clock

Heels out, in, out, R behind, L hitch, behind, side, cross, scuff, stomp.

1,2,3,4 Heels out on 1, in on 2, out on 3, right foot steps behind left on 4.

5,6&7&8 Left hitches out with optional kick on 5, left behind right on 6, R steps to right on &, L Crosses

right on 7, right scuff on &, R stomp on 8.

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