Rocket Through Time



拍數: 32 編數: 2 級數: Intermediate

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音樂: Saddle Up - Rick Tippe



FORWARD SWIVELS

Step forward on ball of right, turning body and pointing right toe at a 45 degree angle to right
Step forward on ball of left, turning body and pointing left toe at a 45 degree angle to the left
Step forward on ball of right, turning body and pointing right toe at a 45 degree angle to right
Step forward on ball of left, turning body and pointing left toe at a 45 degree angle to the left

ROCK, STEP, ½ TURN RIGHT COASTER

5-6 Rock forward on right foot, step left foot back

7& Starting a ½ turn to right step right behind left, step left next to right

8 Step forward on right completing turn

SYNCOPATED VINE LEFT

Step left to the left side, step right behind left
Step left to the left side, step right behind left
Step left to the left side, step right behind left

4 Step left to the left side, feet a shoulders' width apart

UPPER BODY CIRCLE, SNAP FEET TOGETHER

Moving upper body only, with hands at sides

5-7 Bend forward then circle upper body to left, back, to right

8 Straighten body, pull up with hands (like pulling up your pants), and snap feet together

BRUSH FORWARD, BACK, STEP, LOCK, STEP

1-2 Brush right forward at a 45 degree angle to right, brush right toe back, crossing in front of left

3&4 Step right to the right, lock step left behind right, step right to the right

BRUSH FORWARD, BACK, 1/4 TURN AND STEP, LOCK, STEP

5-6 Brush left forward at a 45 degree angle to the left, brush left toe back, crossing in front of

right

7&8 Step left forward turning ¼ to the left, lock step right behind left, step left forward

POINT RIGHT AND LEFT AND RIGHT, HITCH, TOUCH

Point right toe to right side, step right next to left Point left toe to left side, step left next to right

Point right toe to right side, hitch right knee, touch right toe to right side

TURN AND STEP, TOUCH, FULL TURNING SHUFFLE

Step right turning ¼ to the right, touch left toe next to right foot
 Step left turning ½ to the left, step right back turning ½ to the left
 Completing full turn, step left together with right, placing weight on left

REPEAT