Times Out



拍數: 32 牆數: 2 級數: Improver 編舞者: Li Michelle (MY) & William Sevone (UK) - April 2011





Intro: Start after 16 counts or start on vocal Note: Have fun with YOUR OWN ATTITUDES!

1-2 Step R to R, step L beside R3-4 Step R to R, step L beside R

5-8 Chest bump x2, step R to R and L toe up, hold

(S2) □ □ Extended Chasse Left, Chest Bump, Side, Hold

1-2 Step L to L, step R beside L3-4 Step L to L, step R beside L

5-8 Chest bump x2, step L to L and R toe up, hold

(S3) ☐ Heel Grind, R Coaster, Heel Touch, Hold, Together, Touch Behind, ½ Turn R

1-2 Touch R heel in front, twist R toe from L to R3&4 Step R back, step L beside R, step R forward

5-6 Touch L heel forward, hold

7&8 Step L beside R, touch R behind, ½ turn R weight on L (6)

(S4) □ □ 2x Diagonal Back-Touch-Side-Touch (Zigzag Pattern)

1-2 Step R back to Right diagonal, touch L beside R

3-4 Step L to Left side, touch R beside L

5-6 Step R back to Right diagonal, touch L beside R

7-8 Step L to Left side, touch R beside L

BRIDGE (36 counts): Add bridge during Wall 5 (Facing 6.00) * Then RESTART (12.00)

(S1) □ □ Cross, Unwind ½ L

1-4 Cross R over L, unwind ½ turn L to 12.00 (weight on L)

(S2) □ □ Push Should R & L, Side, Hold, L Reverse Rocking Chair

1-2 Step R to R side (push shoulder to R), recover on L (push shoulder to L)

3-4 Step R to R, hold

5-8 Rock L back, recover on R, rock L forward, recover on R

(S3) □ □ Push Shoulder L & R, Side, Hold, R Reverse Rocking Chair

1-2 Step L to L side (push shoulder to L, recover on R (push shoulder to R)

3-4 Step L to L, hold

5-8 Rock R back, recover on L, rock R forward, recover on L

(S4 & S5)□Side, Together, Side, Together, Paddle ¼ L x2

1-2 Step R to R side, step L beside R3-4 Step R to R side, step L beside R

5-8 Step R forward, ¼ turn L step on L (9), step R forward, ¼ turn L step on L (6)

Tags \square : \square Add 8 counts tag at end of Wall 1 (6.00), end of Wall 2 (12.00), end of Wall 3 (6.00), end of Wall 7 (12.00)

1 - 4 Hold 4 counts in place (add your own hand styling)

5, 6, 7&8 Rock R forward, recover on L, step R together L, chest bump twice