

Back in Time

拍數: 32 牆數: 4 級數: Beginner / Improver
編舞者: Robbie McGowan Hickie (UK) - August 2011
音樂: Bajo la Luna - Sparx



Alternatives:

"She Can't Let Go" by Glenn Frey. CD: "No Fun Aloud" (98 bpm) 16 Count intro.

"Wouldn't It Be Nice" by Jason Allen (118 bpm...32 Count intro) CD: Wouldn't It Be Nice

"Just Like A Boomerang" by Andrés Esteche (118 bpm...32 Count intro – Start on Vocals)(Not Phrased) CD: Just Like A Boomerang

Forward Rock. Left Shuffle 1/2 Turn Left. Step. Pivot 1/2 Turn Left. Right Shuffle Forward.

- 1 – 2 Rock forward on Left. Rock back on Right.
- 3 & 4 Left shuffle making 1/2 turn Left stepping Left. Right. Left.
- 5 – 6 Step forward on Right. Pivot 1/2 turn Left.
- 7 & 8 Right shuffle forward stepping Right. Left. Right. (Facing 12 o'clock)

Cross Rock. Chasse Left. Cross Rock. Chasse 1/4 Turn Right.

- 1 – 2 Cross rock Left over Right. Rock back on Right.
- 3 & 4 Step Left to Left side. Close Right beside Left. Step Left to Left side.
- 5 – 6 Cross rock Right over Left. Rock back on Left.
- 7 & 8 Step Right to Right side. Close Left beside Right. Make 1/4 turn Right stepping forward on Right.

Forward Rock. Triple Step Full Turn Left. Forward Rock. Right Shuffle 1/2 Turn Right.

- 1 – 2 Rock forward on Left. Rock back on Right. (Facing 3 o'clock)
- 3 & 4 Left triple step (on the spot) making Full turn Left stepping Left. Right. Left.
- 5 – 6 Rock forward on Right. Rock back on Left.
- 7 & 8 Right shuffle making 1/2 turn Right stepping Right. Left. Right. (Facing 9 o'clock)

Easier Option: Counts 3&4 above ... Left Coaster Step

Forward Rock. Behind & Cross. Side Rock. Behind & Step Forward.

- 1 – 2 Rock forward on Left. Rock back on Right.
- 3 & 4 Cross Left behind Right. Step Right to Right side. Cross step Left over Right.
- 5 – 6 Rock Right out to Right side. Recover weight on Left.
- 7 & 8 Cross Right behind Left. Step Left to Left side. Step forward on Right. (Facing 9 o'clock)

Start Again