

FROM TIME TO TIME

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Count: 32

Wall: 4

Level: beginner/intermediate

Choreographer: BJ The DJ

Music: From Time To Time by Rascal Flatts

SYNCOPATED ROCKS TO RIGHT AND LEFT

- 1-2&3-4** Rock right to right side, recover on left, close right to left, rock left to left side, recover on right
- 5-6&7-8** Rock left to left side, recover on right, close left to right, rock right to right side, recover on left

RIGHT AND LEFT SAILOR SHUFFLES, HEEL TOUCHES WITH $\frac{1}{4}$ TURN RIGHT, COASTER STEP

- 1&2-3&4** Cross right behind left, rock left to left side, recover on right, cross left behind right, rock right to right side, recover on left
- 5-6** Touch right heel forward, turn $\frac{1}{4}$ turn right and touch right heel forward
- 7&8** Step right back, close left to right, step right forward

LEFT SHUFFLE FORWARD, PIVOT $\frac{1}{2}$ TURN WITH HOOK, SHUFFLE FORWARD, ROLLING FULL TURN, SHUFFLE $\frac{1}{2}$ TURN

- 1&2-3-4** Shuffle forward left right left, step right forward, $\frac{1}{2}$ pivot turn over left shoulder bring left foot across right shin
- 5&6-7-8** Shuffle forward left right left, turn $\frac{1}{2}$ turn over left shoulder on ball of left foot stepping right back, turn $\frac{1}{2}$ turn over left shoulder on ball of right stepping left forward

SHUFFLE $\frac{1}{2}$ TURN LEFT, ROCKS AND COASTER STEP

- 1&2-3-4** Shuffle right left right turning $\frac{1}{2}$ turn over left shoulder, rock left back, recover on right
- 5-6-7&8** Rock left forward, recover on right, step left back, close right to left step left forward

REPEAT