## **AB Damn Time**



Count: 32 Wand: 4 Ebene: Beginner

Choreograf/in: Sandra Letourneur (FR) & Jonathan YANG (FR) - July 2023

Musik: About Damn Time - Lizzo



Introduction: 16 counts

## [1-8]: STEP, TOUCH, BAK TOUCH, STEP 1/4 TURN, BUMP L-R-L 1.2 step RF forward, Touch point LF to left side – 12:00 – 3.4 step LF back, Touch point RF to right side

5.6 \*\*\* step RF forward, pivot 1/4 turn to left with a Hip Bump to left side \*\*\* – 09:00 –

7.8 \*\*\* Hip Bump to right side, Hip Bump to left side \*\*\*

\*\*\* on counts 5 & 7 get both arms up and both hands opened, on counts 6 & 7 get both arms down and both hands closed \*\*\*

## [9-16]: 2 WEAVE, TOUCH FORWARD, SIDE TOUCH, TAP, HITCH 1.2 Cross RF forward, step LF to left side 3.4 Cross RF behind LF, step LF to left side 5.6 Touch point RF forward, Touch point RF to right side 7.8 Touch point RF beside LF, Hitch right knee forward [17-24]: WALK AROUND 1/2 TURN, JAZZ BOX CROSS 1 1/8 turn R . . . . step RF forward – 10:30 –

1/8 turn R step RF forward – 10 :30 –
1/8 turn R step LF forward – 12 :00 –
1/8 turn R step RF forward – 01 :30 –
1/8 turn R step LF forward – 03 :00 –
Cross RF over LF, step LF to back
step RF to right side, Cross LF over RF

## [25-32]: RIGHT & LEFT TOE STRUT with HIP BUMP, V-STEP

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1	Touch point RF with a Hip Bump R forward,
&2	Hip Bump L to the back, Drop right heel with a Hip Bump R forward
3	TOUCH point LF with a Hip Bump L forward,
&4	Hip Bump R to the back, Drop left heel with a Hip Bump L forward
5.6	step RF forward on right diagonal « OUT », step LF to left side « OUT »
7.8	step RF to the back « IN », step LF beside RF « IN »

This dance was co-writting with Sandra LETOURNEUR and was especially taught during the event "Festival Country En Retz 2022", to Saint-Viaud, Pays de la Loire – 44, France

Enjoy!