

This Era (这个年代)

COPPER KNOB
STEPPED METS

Count: 32

Wand: 2

Ebene: Low Intermediate

Choreograf/in: Heru Tian (INA) - March 2024

Musik: Zhe Ge Nian Dai (這個年代) - Yang Lan Yi (洋瀾一)



Section 1 : Sync Weave, Back, Hitch, Behind, Side, Sync Rocking Chair (Cross & Side), Behind, Sweep, Sailor Slide

- 12&3 Step RF to R Side (1), Cross LF over RF (2), Step RF to R Side (&), Step LF bwd, Hitch LF figure 4 (3)
- 4& Step LF behind RF (4), Step LF to L Side (&)
- 5&6& Rock RF cross over LF (5), Recover on LF (&), Rock RF to R Side (6), Recover on LF (&)
- 7&8 Step RF behind LF, Sweep LF front to back (7), Step LF behind (8), Step RF beside LF (&)
- 1 Take a long step LF to L Side into Basic NC (1)

Section 2 : Basic NC, Spiral 3/4L, Runs Fwd, Press Fwd, Walks bwd, 1/4R Side, Sways

- 2& Step RF slightly behind LF (2), Cross LF over RF (&)
- 3 Step RF to R Side, Make $\frac{3}{4}$ spiral turn L (3) (3.00)
- 4&5 Run LF fwd (4), Run RF fwd (&), Press LF Fwd (5)
- 6& Walk RF back (6), Walk LF back (&)
- 7&8 1/4R, Step RF to R Side, Sway to Right (7), Sway Left (8), Sway Right (&) (6.00)

Section 3 : Fwd, Sweep, 3/4R Diamond

- 1 Step LF fwd, Sweep RF back to front (1)
- 2&3 Cross RF over LF (2), Step LF to L Side (&), 1/8R, Step RF back (3)
- 4&5 Step LF back (4), 1/8R, Step RF to R Side (&), 1/8R, Step LF fwd (5)
- 6&7 Step RF fwd (6), 1/8R, Step LF to L Side (&), 1/8R, Step RF back (7)
- 8& Step LF back (8), 1/8R, Step RF to R Side (&) (3.00)

Section 4 : Press Fwd, Back Locking Step, Sweep, Back Locking Step, Sweep, Rock Back, Spiral 3/4L, Fwd, Touch

- 1 Press LF fwd (1)
- 2&3 Step RF bwd (2), Lock LF over RF (&), Step RF bwd, Sweep LF front to back (3)
- 4&5 Step LF bwd (4), Lock RF over LF (&), Step LF bwd, Sweep RF front to back (5)
- 6&7 Rock RF bwd (6), Recover on LF (&), Step RF to R Side, make 3/4L spiral turn (7)
- 8& Step LF fwd (8), Touch RF next to LF (&) (6.00)

Thank you so much,

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