

# About Damn Time

**COPPER** **NOB**  
BY STEPHEN

**Count:** 32

**Wall:** 4

**Level:** Improver

**Choreographer:** Paula Kyoko McFarlane (AUS) - January 2024

**Music:** About Damn Time - Lizzo



## Intro: 16 Counts

### SEC 1 SIDE TOGETHER, SIDE SHUFFLE, ROCK RECOVER, 1/2 TURN SHUFFLE

- 1-2 Step right side, step left together
- 3&4 Step right side, step left next to right, step right side
- 5-6 Rock left forward, recover right
- 7&8 Turn 1/2 left, step left forward, right together, step left forward (6.00)

### SEC 2 SIDE TOGETHER, SIDE SHUFFLE, ROCK RECOVER, 1/2 TURN SHUFFLE

- 1-2 Step right side, step left together
- 3&4 Step right side, step left next to right, step right side
- 5-6 Rock left forward, recover right
- 7&8 Turn 1/2 left, step left forward, right together, step left forward (12.00)

### SEC 3 SIDE ROCK, RECOVER, SAILOR STEP, 1/2 PIVOT, 1/4 PADDLE CROSS

- 1-2 Step right side, recover left
- 3&4 Step right behind left, step left to left, step right forward
- 5-6 Step left forward, turn 1/2 turn right onto right (6.00)
- 7&8 Step left forward, turn 1/4 turn right, cross left over right (9.00)\*\*

### RESTART \*\*

### SEC 4 FULL ROLLING TURN, OUT, OUT, HIP ROLL

- 1-2 Turn 1/4 right on right, step 1/2 right stepping left back (6.00)
- 3-4 Turn 1/4 right on right, step left together (9.00)
- &5-6 Step right on slight diagonal, step left on slight diagonal, HOLD
- 7-8 Full circle anticlockwise of hips for 2 counts (9.00)

RESTART \*\* After 24 counts on wall 3 (3.00), wall 4 ( 12.00 ), wall 7 ( 3.00 ), wall 8 ( 12.00 )

### ENDING: Wall 11

#### LAST 8 counts

### SEC 4 FULL ROLLING TURN, JUMP 1/4 TURN LEFT OUT, OUT, ( 12.00 ) HIP ROLL

- 1-2 Turn 1/4 right on right, step 1/2 right stepping left back (6.00)
- 3-4 Turn 1/4 right on right, step left together (9.00)
- &5-6 Turn 1/4 left, step right on slight diagonal, step left on slight diagonal, HOLD (12.00)
- 7-8 Full circle anticlockwise of hips for 2 counts