

Frozen Time

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 1 级数: Intermediate / Advanced
编舞者: Roosamekto Mamek (INA) - November 2014
音乐: She Wolf - Luciana Zogbi & Gianfranco Casanova : (Cover)



Intro: 8 count

FORWARD, MAMBO, MAMBO CROSS, HINGE TURN $\frac{3}{4}$ RIGHT, ROCKING CHAIRS

1 Step R forward
2&3 Rock L forward – Recover on R – Step L back
4&5 Rock R to side – Recover on L – Cross R over L
6&7& Turn $\frac{1}{4}$ right step L back – Turn $\frac{1}{2}$ right step R forward – Rock L forward – Recover on R
8& Rock L back – Recover on R (09:00)

NIGHT CLUB, MAMBO TURN $\frac{1}{2}$ RIGHT, BACK ROCK, RECOVER, FORWARD SHUFFLE, FORWARD

1 Step L to side
2&3 Rock R behind L – Cross L over R – Step R to side
4&5 Rock L back – Recover on R – Turn $\frac{1}{2}$ right step L back (03:00)
6&7& Rock R back – Recover on L – Step R forward – Step L together
8& Step R forward – Step L forward (03:00)

TURN $\frac{1}{2}$ LEFT, SAILOR TURN $\frac{1}{4}$ LEFT, FORWARD, A FULL TURN RIGHT, HOLD, RECOVER, TOGETHER, FORWARD, RECOVER, BACK

1 Turn $\frac{1}{2}$ left step R back
2&3 Turn $\frac{1}{4}$ left cross L behind R – Step R to side – Step L forward
4&5 Step R forward – Turn $\frac{1}{2}$ right step L back – Turn $\frac{1}{2}$ right step R forward
6&7& Hold – Recover on L – Step R together – Rock L forward
8& Recover on R – Step L back (06:00)

BACK, FORWARD, TURN $\frac{3}{4}$ LEFT, SIDE, WEAVE, MAMBO CROSS, HINGE TURN $\frac{3}{4}$ RIGHT, FORWARD

1 Step R back
2&3& Step L forward – Turn $\frac{1}{2}$ left step R back – Turn $\frac{1}{4}$ left step L forward – Step R to side (09:00)
4&5 Cross L behind R – Step R to side – Cross L over R
6&7& Rock R to side – Recover on L – Cross R over L – Turn $\frac{1}{4}$ right step L back
8& Turn $\frac{1}{2}$ right step R forward – Step L forward (06:00)

NIGHT CLUB TURN $\frac{1}{4}$ LEFT, NIGHT CLUB TURN $\frac{1}{4}$ RIGHT, FORWARD, TOGETHER, BACK, TOGETHER, FORWARD L-R

1 Turn $\frac{1}{4}$ left step R to side (03:00)
2&3 Rock L behind R – Cross R over L – Step L to side
4&5 Rock R behind L – Cross L over R – Turn $\frac{1}{4}$ right step R forward
6&7& Step L forward – Step R together – Step L back – Step R together
8& Step L forward – Step R forward (06:00)

PIVOT TURN $\frac{1}{2}$ LEFT, SIDE, ROCK, CROSS R-L, SYNCOPATED SHUFFLE $\frac{3}{4}$ TURN RIGHT

1 Turn $\frac{1}{2}$ left (Weight on L) (12:00)
2&3 Rock R to side – Rock L behind R – Cross R over L
4&5 Rock L to side – Rock R behind L – Cross L over R
6&7& Turn $\frac{1}{4}$ right step R forward – Step L beside R (or slightly forward R) – Turn $\frac{1}{4}$ right step R forward – Step L beside R (or slightly forward R)
8& Turn $\frac{1}{4}$ right step R forward – Step L beside R (or slightly forward R) (12:00)

Restart happens here on wall 2

FORWARD, SIDE, ROCK, CROSS L-R, SYNCOPATED SHUFFLE ¾ TURN LEFT

- 1 Step R forward
- 2&3 Rock L to side – Rock R behind L – Cross L over R
- 4&5 Rock R to side – Rock L behind R – Cross R over L
- 6&7& Turn ¼ left step L forward – Step R beside L (or slightly forward L) – Turn ¼ left step L forward – Step R beside L (or slightly forward L)
- 8& Turn ¼ left step L forward – Step R beside L (or slightly forward L) (12:00)

FORWARD, SIDE, CROSS, BACK R-L, MAMBO CROSS, SIDE, RECOVER, FORWARD

- 1 Step L forward
- 2&3 Rock R to side – Cross L over R – Step R back
- 4&5 Rock L to side – Cross R over L – Step L back
- 6&7& Rock R to side – Recover on L – Cross R over L – Rock L to side
- 8& Recover on R – Step L forward (12:00)

REPEAT

RESTART: On wall 2 after 48 count (Section 6) you will start dancing facing 12:00

ENDING : End of wall 3 do these 8 counts

FORWARD, FORWARD MAMBO, MAMBO CROSS R-L, HOLD/POSE

- 1 Step R forward
- 2&3 Rock L forward – Recover on R – Step L back
- 4&5 Rock R to side – Recover on L – Cross R over L
- 6&7 Rock L to side – recover on R – Cross L over R
- 8 Pose (Hold)

Contact: Roosamekto.Nugroho@gmail.com
