

Time For Mam

COPPER KNOB
BY STEPHEN HEGGERNES

拍数: 32 墙数: 4 级数: Improver
编舞者: Sadiah Heggernes (NOR/UK) - February 2019
音乐: Good Timin' - Jimmy Jones : (iTunes)



This is for my mam who danced many times to this song in her youth – when her memory was strong and alert.

Sadly now she doesn't remember.....

#16 count intro – start on vocals

Section 1: Side Toe Strut, Cross Toe Strut, Vine with Cross

1-2 Step R toes to R side. Step down on R heel
3-4 Cross L toes over R. Step down on L heel
5-6 Step R to R side. Cross L behind R
7-8 Step R to R side. Cross L over R.

Section 2: Side Rock, Rock Back, ¼ Mambo R, Cross

1-2 Rock R to R side. Recover onto L
3-4 Rock back on R. Recover onto L
5-6 Rock forward on R. Recover onto L
7-8 ¼ turn R. Step R to R side. Cross L over R - 3.00

Section 3: Rumba Box Forward, Touch, Rumba Box Back, Hook

1-2 Step R to R side. Step L beside R.
3-4 Step forward on R. Touch L beside R
5-6 Step L to L side. Step R beside L
7-8 Step back on L. Hook R in front of L

Section 4: Forward Lockstep, Rock Forward, ¼ Turn L, Side, Tog, ¼ Turn L, Step

1,2,3 Step forward on R. Lock L behind R. Step forward on R
4,5,6 Rock forward on L. Recover onto R. ¼ turn L. Step L to L side. - 12.00
7-8 Close R beside L. ¼ turn L. Step forward on L - 9.00

Tag: (Very easy to hear after the 'Doo, doo')

1-4 Step R to R side. Bumps hips R-L-R-L

At the end of Walls,

1 (facing 9.00),
3 (facing 3.00)
5 (facing 9.00)

Contact; 07957477427 or Sadiah.heggernes@outlook.com