

Mountain Time

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Pat Lamanna (USA) - June 2022
音乐: Mountain Time - Ian Munsick



Tag followed by a restart, see *Dance Structure below

** To dance as a contra, form a line at the start of the dance with each person facing opposite directions (12-6-12-6-12-6). If there are multiple lines, face the same direction as the people in front of and/or behind you. You will pass between the people that started on your left/right to each time the dance restarts, including the restart after the tag.

[1-8] Walk 3x, Syncopated Pivot Turn, Repeat

1, 2, 3 Walk forward R, L, R
& Step L quickly in front of R, begin ½ turn R
4 Finish ½ turn R, taking weight on R (end facing 6:00)
5, 6, 7 Walk forward L, R, L
& Step R quickly in front of L, begin half turn L
8 Finish half turn, taking weight on L (end facing 12:00)

[9-16] 2x Lock Steps, Sway Hips

9 Step R forward
10 Step L behind R
& Step R forward
11 Step L forward
12 Step R behind L
& Step L forward
13 Step and take weight on R in line with L (shoulder width apart), sway hips R and slightly rock onto R foot
14, 15, 16 Sway hips L, R, L, slightly rocking onto foot in direction of sway

[17-24] ¼ Turning L Sailor Step, Steps Back, Heel Switches, ½ Pivot Turn L

17 Step R behind L
& Turning ¼ L, step L forward (L foot pointed towards 9:00)
18 Step R in line with L (shoulder width apart, body is now facing 9:00)
19 Step L back
& Step R next to L, taking weight on R
20 Touch L heel forward
& Hop onto L foot (next to R foot)
21 Touch R heel forward
& Hop onto R foot (next to L foot)
22 Touch L heel forward
& Hop onto L foot (next to R foot)
23 Step R forward, beginning ½ turn L
24 Finish ½ turn L, taking weight on L (now facing 3:00)

[25-32] Scuff-Cross-Step into Syncopated ¼ R Turning Jazz Box, 2x Step & Brush, Shuffle Forward

25 Scuff R foot into kick, begin crossing R leg over L
26 Finish crossing R leg over L and take weight on the R foot (now to the left of L foot)
27 Step L foot back, beginning ¼ turn to the R (facing between 3:00 and 6:00)
& Step R foot to R, completing ¼ turn to the R (facing 6:00)
28 Brush L foot forward (facing 6:00)
29 Step L foot forward

& Brush R next to L
30 Step R foot forward
& Brush L next to R
31 & 32 Shuffle forward LRL

[Tag] Rock, Recover, ½ Turn R and Walk 2x

13 Rock forward onto R foot
14 Recover weight on L
15 Step R backward while making a ½ turn R (turning from 6:00 to 12:00, traveling towards 12:00)
16 Step L forward

***Dance Structure**

-16 Counts – Intro

-32 Counts – Wall 1, Start Facing 12:00, end facing 6:00

-32 Counts – Wall 2, Start Facing 6:00, end facing 12:00

-32 Counts – Wall 3, Start Facing 12:00, end facing 6:00

-12 Counts – Wall 4, Start facing 6:00, end facing 6:00 (in front of where you started)

-4 Counts – Tag, Start facing 6:00, end facing 12:00 (in the same place you started Wall 4, but facing the opposite direction)

RESTART

-32 Counts – Wall 5, Start facing 12:00, end facing 6:00

-32 Counts – Wall 6, Start facing 6:00, end facing 12:00

-32 Counts – Wall 7, Start facing 12:00, end facing 6:00

-32 Counts – Wall 8, Start facing 6:00, end facing 12:00

-32 Counts – Wall 9, Start facing 12:00, end facing 6:00

-32 Counts – Wall 10, Start facing 6:00, end facing 12:00

-14 Counts – Wall 11, Start facing 12:00, end facing 12:00

-1 Count – Button, quickly center body & weight between feet, tilt head down, raise R hand and point to sky

Last Update: 16 Jul 2022
