

# 90 Days

COPPERKNOB  
BY STEPHEN BETTS

拍数: 32  
编舞者: Dustin Betts (USA) - May 2022  
音乐: 90 Days (feat. Wrabel) - P!nk

级数: High Intermediate



Intro – 16 counts from beginning of song

**[1 – 8] CROSS, SIDE, TOGETHER, CROSS,  $\frac{3}{4}$ ,  $\frac{1}{2}$  CHASE TURN, RUN (R-L-R), BACK, BACK.**

- 1 & 2 & Cross R over L (1), Step L to left side (&), Bring R next to L (2), Cross L over R (&), 12.00  
3 4 & Make  $\frac{3}{4}$  over left shoulder stepping R back (3.00) (3), Step L fwd (4), Make  $\frac{1}{2}$  left bringing R next to L (&), 9.00  
5 6 & 7 Step L fwd (5), Step R fwd (6), Step L fwd (&), Step R next to L (7), 9.00  
8 & Step L back (8), Step R back (&). 9.00

**[9 – 16]  $\frac{1}{4}$  SWAY, SWAY X2,  $\frac{1}{8}$ , CROSS,  $\frac{1}{4}$ ,  $\frac{1}{4}$  BACK ROCK, RUN (R-L), FULL SPIRAL, RUN (L-R)**

- 1 2 & Make  $\frac{1}{4}$  left stepping L to left side swaying upper body left (1), Sway right (2), Sway left (&), 6.00  
3 4 & Recover onto R making  $\frac{1}{8}$  turn right (7.30) (3), Cross L over R (4), Make  $\frac{1}{4}$  turn left stepping R back (&), 4.30  
5 6 & Make  $\frac{1}{4}$  turn left rocking L back (5), Recover fwd onto R (6), Step L fwd (&), 1.30  
7 8 & Step fwd onto R making full spiral turn left hooking L (7), Step L fwd (8), Step R fwd (&). 1.30

**[17 – 24] L CROSS ROCK, RECOVER, SIDE ROCK, RECOVER, SWEEP, BEHIND-SIDE, STEP-HITCH, PRESS, SWEEP, BEHIND,  $\frac{1}{8}$**

- 1 & 2 & Cross rock L over R (1), Recover onto R (&), Rock L to left side (12.00) (2), Recover onto R (&), 12.00  
3 4 & Step L back sweeping R front to back (3), Cross R behind L (4), Step L to left side (&), 12.00  
5 6 Step R fwd hitching L (5), Press weight of L fwd (6), 12.00  
7 8 & Recover back onto R sweeping L front to back (7), Cross L behind R (8), Make  $\frac{1}{8}$  turn right stepping R fwd (&) 1.30

**[25 – 32]  $\frac{3}{8}$  PIVOT, CROSS,  $\frac{1}{4}$ ,  $\frac{1}{4}$ ,  $\frac{1}{4}$  FLICK, STEP FWD,  $\frac{1}{2}$  PIVOT,  $\frac{3}{4}$ , SIDE.**

- 1 2 Step L fwd (1), Pivot  $\frac{3}{8}$  right taking weight onto R (2), 6.00  
3 & 4 Cross L over R (3), Make  $\frac{1}{4}$  turn left stepping back on R (&), Make  $\frac{1}{4}$  turn left stepping L to left side (4), 12.00  
& 5 6 Make  $\frac{1}{4}$  turn left raising on ball of left while flicking R back (&), Step R next to L (5), Pivot  $\frac{1}{2}$  left taking weight fwd onto L (6), 9.00  
7 8 Make  $\frac{1}{2}$  turn left stepping fwd onto R (7), Make  $\frac{1}{4}$  turn left stepping L to left side (8). 6.00

**Restarts: Wall 2 & 6, dance up to count 14 & as normal (1.30). Count 15, Step fwd onto R making  $\frac{5}{8}$  spiral over L shoulder (6.00) (7), Step L to L side (8).**

**Tags: End of wall 3, Sway to right (1), Sway to left (2).**

Enjoy!