

Spare No Time (不惜时光)

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Easy Intermediate
编舞者: Heru Tian (INA) - July 2022
音乐: Spare No Time (不惜时光) - Jane Zhang (张靓颖)



1 Tag, No Restart

Intro : 54 C (Starts on Vocal)

****TAG 6C AT THE END OF WALL 4 (FACING 12.00)**

L ROCK FWD-HOLD-R RECOVER-HOLD

123 Rock Lf fwd (1), Hold (2,3)

456 Recover on Rf (4), Hold (5,6)

SECTION 1 : L FWD-R SLOW KICK-L 1/2 TURN R FWD- PIVOT 1/2 TURN R

123 Step Lf fwd (1), Kick Rf fwd slowly (2,3)

456 Make a 1/2 turn R, Step Rf fwd (4), Step Lf fwd (5), Pivot 1/2 turn R, Step Rf in place (6) back to front wall

SECTION 2 : L & R BALANCE

123 Step Lf to L Side (1), Ball Rf behind Lf (2), Step Lf in place (3)

456 Step Rf to R Side (4), Ball Lf behind Rf (5), Step Rf in place (6)

SECTION 3 : 1/8 TURN L- L PRESS FWD-HOLD- R, L BACK-R TOGETHER

123 1/8 turn L, Press Lf fwd (1) facing 10.30, Hold, Slowly rotate your upper body to L Side (2,3)

456 Step Rf back (4), Step Lf back (5), Step Rf Next to Lf (6)

SECTION 4 : L&R TWINKLE STEP

123 Cross Lf over Rf (1), Step Rf to R Side (2), Step Lf in place (3)

456 Cross Rf over Lf (4), Step Lf to L Side (5), Step Rf in place (6)

SECTION 5 : L 1/2 TURN L BASIC WALTZ- R BASIC WALTZ BACKWARD

123 Step Lf fwd (1), 1/2 turn L, Step Rf back (2), Step Lf Next to Rf (3) facing 4.30

456 Step Rf backward (4), Step Lf Next to Rf (5), Step Rf in place (6)

SECTION 6 : L 1/2 TURN L BASIC WALTZ- R BASIC WALTZ BACKWARD

123 Step Lf fwd (1), 1/2 turn L, Step Rf back (2), Step Lf Next to Rf (3) facing 10.30

456 Step Rf backward (4), Step Lf Next to Rf (5), Step Rf in place (6)

SECTION 7 : 1/8 TURN L- CROSS & POINT- HOLD- R BACK- L SLOW HITCH

123 1/8 turn L, Square up to 9.00, Cross Lf over Rf (1), Point Rf to R Side (2), Hold (3)

456 Step Rf back (4), Slowly hitch Lf, figure 4 (5,6)

SECTION 8 : L BEHIND- R 1/4 TURN R FWD- PIVOT 1/2 TURN R- L,R WALK FWD

123 Step Lf behind Rf (1), 1/4 turn R, Step Rf fwd (2), Step Lf fwd (3) facing 12.00

456 Pivot 1/2 turn R, Step Rf in place (4), Walk Lf fwd (5), Walk Rf fwd (6) facing 6.00

Start again...

Thank you

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