

# Spare No Time (不惜时光)

COPPERKNOB  
STEP SHEETS

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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