

About Damn Time

COPPER KNOB
STEPSHEETS

拍数: 56 墙数: 2 级数: Phased Improver
编舞者: Kelly Kaylin (CAN) - September 2022
音乐: About Damn Time - Lizzo



Start dance after 16 counts

Sequence A-A-B-B-A-A-B-B-A-A-A

PART A – 32 counts

SWAY ROCK, COASTER STEPx2

1-2 Step diagonal on right pushing right hip forward, recover on left
3&4 Step back on right foot, step left foot next to right, step forward on right foot
5-6 Step diagonal on left pushing left hip forward, recover on right
7&8 Step back on left foot, step right foot next to left, step forward on left foot

STEP SIDE, BEHIND, BALL CROSS, POINT TOUCH, STEP HEEL

1-2 Step right to ride side, step left behind right
&3 Step onto the ball of the right foot, cross left over right
&4 Point right toe to right side, touch right beside left
5-6 Step right to right side, touch left heel forward
7-8 Step down on left, touch right heel forward

SWAY ROCK, ½ TURN SHUFFLE, ROCK, COASTER

1-2 Step diagonal on right pushing right hip forward, recover on left
3&4 Step back on right foot, turning ½ turn right, step left foot besides right, step right in place
5-6 Step diagonal on left pushing left hip forward, recover on right
7&8 Step back on left foot, step right foot next to left, step forward on left foot

STEP SIDE, BEHIND, BALL CROSS, POINT TOUCH, JAZZ BOX

1-2 Step right to ride side, step left behind right
&3 Step onto the ball of the right foot, cross left over right
&4 Point right toe to right side, touch right beside left
5-8 Step right over left, step back on left, step right to right side, step left beside right

PART B – 24 counts

SWAY ROCK, COASTER STEPx2

1-2 Step diagonal on right pushing right hip forward, recover on left
3&4 Step back on right foot, step left foot next to right, step forward on right foot
5-6 Step diagonal on left, recover on right
7&8 Step back on left foot, step right foot next to left, step forward on left foot

SIDE ROCK, BALL CROSS HOLD

1-2 Rock right to right side, recover left
3&4 Step right behind left, Step onto the ball of the left foot, cross right over left, hold
5-6 Rock left to left side, recover right
7-8 Step left behind right, Step onto the ball of the right foot, cross left over right, hold

KNEE SWIVEL, ROCK, TOE TOUCHES

1-2 Touch right toe forward, pushing right knee forward then right
3-4 Touch left toe forward, pushing left knee forward then left
5-6 Rock forward on right, recover left
7&8 Touch right toe to right side, touch right beside left, touch right toe to right side

REPEAT

Last Update: 9 Sep 2022
