

AB Damn Time

拍数: 32 墙数: 4 级数: Beginner
编舞者: Sandra Letourneur (FR) & Jonathan YANG (FR) - July 2023
音乐: About Damn Time - Lizzo



Introduction : 16 counts

[1-8] : STEP, TOUCH, BAK TOUCH, STEP 1/4 TURN, BUMP L-R-L

- 1.2 step RF forward, Touch point LF to left side – 12 :00 –
- 3.4 step LF back, Touch point RF to right side
- 5.6 *** step RF forward, pivot 1/4 turn to left with a Hip Bump to left side *** – 09 :00 –
- 7.8 *** Hip Bump to right side, Hip Bump to left side ***

*** on counts 5 & 7 get both arms up and both hands opened, on counts 6 & 7 get both arms down and both hands closed ***

[9-16] : 2 WEAVE, TOUCH FORWARD, SIDE TOUCH, TAP, HITCH

- 1.2 Cross RF forward, step LF to left side
- 3.4 Cross RF behind LF, step LF to left side
- 5.6 Touch point RF forward, Touch point RF to right side
- 7.8 Touch point RF beside LF, Hitch right knee forward

[17-24] : WALK AROUND 1/2 TURN, JAZZ BOX CROSS

- 1 1/8 turn R step RF forward – 10 :30 –
- 2 1/8 turn R step LF forward – 12 :00 –
- 3 1/8 turn R step RF forward – 01 :30 –
- 4 1/8 turn R step LF forward – 03 :00 –
- 5.6 Cross RF over LF, step LF to back
- 7.8 step RF to right side, Cross LF over RF

[25-32] : RIGHT & LEFT TOE STRUT with HIP BUMP, V-STEP

- 1 Touch point RF with a Hip Bump R forward,
- &2 Hip Bump L to the back, Drop right heel with a Hip Bump R forward
- 3 TOUCH point LF with a Hip Bump L forward,
- &4 Hip Bump R to the back, Drop left heel with a Hip Bump L forward
- 5.6 step RF forward on right diagonal « OUT », step LF to left side « OUT »
- 7.8 step RF to the back « IN », step LF beside RF « IN »

This dance was co-writing with Sandra LETOURNEUR and was especially taught during the event “Festival Country En Retz 2022”, to Saint-Viaud, Pays de la Loire – 44, France

Enjoy!