

Spend My Time

COPPER KNOB
BY STEPHENETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Rosalie Mackay (AUS)
音乐: Spend My Time - Clint Black



SWAY LEFT, HOLD, SWAY RIGHT, HOLD, FULL TURN, SIDE, TOGETHER

1-2-3-4 Step left to left side & sway hips left, hold, step right to right side & sway hips right, hold
5-6-7-8 Make a full turn left stepping left-right, step left to left side, step right beside left and slightly back

Next 8 counts are done moving forward to right diagonal & back to left diagonal

CROSS, TOGETHER, CROSS, HOLD, BACK, TOGETHER, BACK, TOGETHER

1-2-3-4 Cross/step left over right, step right beside left, cross/rock left over right, hold
5-6-7-8 Step right back, step left beside right, step right back, step left beside right straighten up to (12:00)

Next 8 counts are done moving forward to left diagonal & back to right diagonal

CROSS, TOGETHER, CROSS, HOLD, BACK, TOGETHER, BACK, TOGETHER

1-2-3-4 Cross/step right over left, step left beside right, cross/rock right over left, hold
5-6-7-8 Step left back, step right beside left, step left back, step right beside left straighten up to (12:00)

Next 8 counts are done to the diagonals straightening up to (9:00)

CROSS, HOLD, BACK, ¼ TURN, CROSS, HOLD, FULL TURN, SIDE

1-2-3-4 Cross/rock left over right, hold, rock back on right, turn ¼ left (9:00) step left forward to left diagonal
5-6-7-8 Cross/step right over left, hold, make a full turn left on ball of right step left over right step right to right side (9:00)

BEHIND, SIDE, CROSS, SIDE, BACK ROCK, HOLD, FORWARD, ¼ TURN

1-2-3-4 Step left behind right, step right to right side, step left over right, step right to right side
5-6-7-8 Back/rock left behind right, hold, rock forward on right, turn ¼ right step left back (12:00)

½ TURN, ½ TURN, BACK, HOOK, FORWARD, ½ TURN, BACK, HOOK

1-2-3-4 Turn ½ right step right forward, turn ½ right step left back (12:00), step right back, hook left in front of right shin
5-6-7-8 Step left forward, turn ½ left step right back (6:00), step left back, hook right in front of left shin

Easy option

1-2-3-4 Step right back, step left across right, step right back, hook left in front of right)

FORWARD, HOLD, ¾ TURN, FORWARD, HOLD, FULL TURN

1-2-3-4 Step right forward, hold, step left forward turning ½ turn right, turning a further ¼ turn right step right to right side (3:00)
5-6-7-8 Step left forward, hold, full turn left stepping forward right-left

SWAY RIGHT, HOLD, SWAY LEFT, HOLD, FULL TURN, SIDE, HOLD

1-2-3-4 Step right to right side & sway hips right, hold, step left to left side & sway hips left, hold
5-6-7-8 Make a full turn right stepping right, left, step right to right side, hold

REPEAT

TAG

At the end of the 2nd wall, facing back

SWAY LEFT, HOLD, SWAY RIGHT, HOLD, FULL TURN, SIDE, HOLD

1-2-3-4 Step left to left side & sway hips left, hold, step right to right side & sway hips right, hold

5-6-7-8 Make a full turn left stepping left, right, step left to left side, hold

Easy option: side together, side, hold

SWAY RIGHT, HOLD, SWAY LEFT, HOLD, FULL TURN, SIDE, HOLD

1-2-3-4 Step right to right side & sway hips right, hold, step left to left side & sway hips left, hold

5-6-7-8 Make a full turn right stepping right, left, step right to right side, hold

Easy option: side, together, side, hold

TAG 2

At the end of 4th wall facing front

1-2-3-4 Sway hips left, hold, sway hips right, hold
