

Time Is A Healer

COPPER **NOB**
BY STEPHEN METZ

拍数: 48 墙数: 4 级数: Intermediate waltz
编舞者: Mikael Mölsä (FIN)
音乐: Time Is a Healer - Eva Cassidy



TWINKLE, TWINKLE

1-3 Step left across right foot, step right to side, step left diagonally forward
4-6 Step right across left foot, step left to side, step right diagonally forward

STEP, SWEEP, FULL TURN

1-3 Step left across right foot, sweep right foot from back to front for two counts
4-6 Step right across left, turn $\frac{1}{4}$ to right by stepping left back, turn $\frac{3}{4}$ to right by stepping right forward

$\frac{1}{4}$ TURN TO RIGHT, $\frac{3}{4}$ TURN TO RIGHT

1-2-3 Turn $\frac{1}{8}$ to right and step left back, turn $\frac{1}{8}$ to right and step right diagonal, step left forward
4-5-6 Turn $\frac{1}{4}$ to right forward, turn $\frac{1}{4}$ to right by stepping left back, turn $\frac{1}{4}$ to right by stepping right to side

STEP, SWEEP, CROSS-TURN-TURN

1-2-3 Step left forward, sweep right from behind to front for two counts
4-5-6 Step right across left, turn $\frac{1}{4}$ to right and step left back, turn $\frac{1}{4}$ to right and right to side

CROSS ROCK, SIDE, CROSS ROCK, SIDE

1-2-3 Step left across right, recover weight back to right, step left to the side
4-5-6 Step right across left, recover weight back to left, step right to the side

STEP CROSS, $\frac{1}{4}$ TURN, BACK, BACK, BACK, TOGETHER

1-2-3 Step left across right, turn $\frac{1}{4}$ to left stepping right back, step left back
4-5-6 Step right back, step left back, step right together

STEP, TOUCH, HOLD, FULL TURN, TOUCH, HOLD

1-2-3 Step left forward, touch right to the side, hold
4-5-6 Turn a full Monterey-like turn to the right, touch left to side, hold

FULL UNWIND, BEHIND, SIDE, FORWARD

1-2-3 Step left across right, full unwind to right for two counts
4-5-6 Step right behind left, step left to side, step right forward

REPEAT