

Time Warp

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 1 级数: Intermediate
编舞者: Carolyn Robinson (USA)
音乐: Time Warp - Little Nell, Patricia Quinn & Richard O'Brien



Sequence: AA, A(1-16), B, C, B, AA, A(1-16), B, A, B, C, B

PART A

RIGHT DIAGONAL TOE HEEL STRUTS TWICE; RIGHT DIAGONAL STEP LOCK STEP TOUCH

1-2 Right toe right diagonal, right heel down
3-4 Left toe right diagonal, left heel down
5 Step right to right diagonal
6 Lock left behind right
7 Step right to right diagonal
8 Touch left beside right

LEFT DIAGONAL TOE HEEL STRUTS TWICE; LEFT DIAGONAL STEP LOCK STEP TOUCH

1-2 Left toe left diagonal, left heel down
3-4 Right toe left diagonal, right toe down
5 Step left to left diagonal
6 Lock right behind left
7 Step left to left diagonal
8 Touch right

TOE HEEL STRUTS TWICE; RIGHT HEEL TWICE; RIGHT TOE TWICE

1 Step right toe back
2 Drop right heel down
3 Step left toe back
4 Drop left heel down
5-6 Tap right heel forward twice
7-8 Tap right toe back twice

RIGHT ROCK FORWARD & BACK, CROSS OVER TRIPLE

1 Rock right forward
2 Recover left
3 Rock right back
4 Recover left
5 Cross step right over left
6 Small side step left
7 Cross step right over left
8 Touch left toe forward

TOE HEEL STRUTS TWICE; LEFT HEEL TWICE; LEFT TOE TWICE

1 Step left toe back
2 Drop left heel down
3 Step right toe back
4 Drop right heel down
5-6 Tap left heel forward twice
7-8 Tap left toe back twice

LEFT ROCK FORWARD & BACK, CROSS OVER TRIPLE

- 1 Rock left forward
- 2 Recover right
- 3 Rock left back
- 4 Recover right
- 5 Cross step left over right
- 6 Small side step right
- 7 Cross step left over right
- 8 Touch right toe beside left

PART B

MONTEREY ½ TURN RIGHT

- 1-2 Side touch right
- 3-4 Sweep right behind and step down on right
- 5-6 Touch left to left
- 7-8 Step left beside right

DWIGHT'S TOE HEELS MOVING RIGHT

- 1 Left heel right while right toe facing left
- 2 Left toe right, while right heel facing right
- 3 Left heel right while right toe facing left
- 4 Left toe right, while right heel facing right
- 5 Left heel right while right toe facing left
- 6 Left toe right, while right heel facing right
- 7 Left heel right while right toe facing left
- 8 Left toe right, while right heel facing right

MONTEREY ½ TURN RIGHT

- 1-2 Side touch right
- 3-4 Sweep right behind and step down on right
- 5-6 Touch left to left
- 7-8 Step left beside right

TOE HEEL TWISTS RIGHT

- 1 Twist heels right
- 2 Twist toes right
- 3 Twist heels right
- 4 Twist toes right
- 5 Twist heels right
- 6 Twist toes right
- 7 Twist heels right
- 8 Twist toes right

PART C

During the first 32 counts you will follow the directions from the singer and shimmy, twist, bump, whatever

- 1-8 "IT'S JUST A JUMP TO THE LEFT"
- 9-16 "AND THEN A STEP TO THE RIGHT"
- 17-24 "PUT YOUR HANDS ON YOUR HIPS"
- 25-32 "AND YOUR KNEES IN TIGHT"

- 1-2-3-4 Hold position
- 5-6-7-8 Bump forward, back, forward, back
- 1-8 Move hips to the left
- 1-8 Move hips to the right to get weight back on left

