

All This Time

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Intermediate
编舞者: The Angels (SA)
音乐: All This Time - Michelle McManus



The Angels are Slick-Chick, Wacky-Jackie & Raunchy-Rachel

BEHIND & CROSS & ROCK STEP, CHASSE ¼ & STEP PIVOT ½ STEP

1&2& Step right behind left, step left to side, cross rock right over left, recover on left
3-4 Rock forward on right, recover on left
5&6& Step right to side, step left next to right, ¼ turn right stepping forward right, step forward on left

Optional 1 ¼ turn right

7&8 Step forward right, pivot ½ turn left, step forward right

CROSS, SIDE, BEHIND, SWEEP BEHIND, SIDE, CROSS, HIP SWAYS, CHASSE LEFT

1&2 Cross left over right, step right to side, step left behind right
3&4 Sweep right out to side & behind left, step left to side, cross right over left
5-6 Sway hips to left then right
7&8 Step left to side, step right next to left, step left to side

Optional full turn left

SYNCOPATED JAZZ BOXES WITH ½ & ¼ TURNS RIGHT, CROSS SHUFFLE, HITCH ¼, STEP, TOE, STEP

1&2& Cross right over left, ¼ right stepping back on left, ¼ turn right stepping right to side, step forward left
3&4 Cross right over left, ¼ turn right stepping back left, step right to side
5&6 Cross left over right, step right to side, cross left over right
&7&8 Hitch right knee as you turn ¼ left, step forward on right, touch left toe behind, step back on left

BEHIND, SIDE, CROSS, ROCK & STEP. TRIPLE FULL TURN LEFT, LEFT SAILOR

1&2 Sweep right out to side & behind left. Step left to side, cross right over left
3&4 Rock left to side, recover on right, step forward on left
5&6 Triple full turn on the spot right-left-right. Turning left
7&8 Sweep left behind right, right to side, step left to left

REPEAT