

All This Time

COPPER KNOB
BY STEPHEN BATES

拍数: 48 墙数: 4 级数: Intermediate nightclub
编舞者: Steve Rutter (UK)
音乐: All This Time - Michelle McManus



COASTER STEP, STEP FORWARD, PIVOT ¼ TURN LEFT, CROSS, ROCK & CROSS, SIDE STEP, ½ TURN LEFT, CROSS

1&2 Step back on left, close right beside left, step forward on left
3&4 Step forward on right, pivot a quarter turn left, cross right over left
5&6 Rock left-to-left side, recover weight onto right, cross left over right
7&8 Step right to right side, make a half turn left stepping left to left side, cross right over left

ROCK & CROSS, WEAWE, ROCK & CROSS, SIDE STEP, STEP BACK, HOOK, STEP FORWARD

9&10 Rock left-to-left side, recover weight onto right, cross left over right
& Step right-to-right side
11&12 Cross left behind right, step right-to-right side, cross left over right
13&14 Rock right-to-right side, recover weight onto left, cross right over left
& Step left-to-left side
15-16 Step back on right, hook left in front of right shin
& Step left forward

RIGHT LOCK STEP, FORWARD ROCK, ½ TURN LEFT, FULL TURN LEFT, CROSS, STEP BACK TWICE

17&18 Step forward on right, lock left behind right, step forward on right
19&20 Rock forward on left, recover weight back onto right, make a half turn left stepping forward on left
21&22 Make a half turn left stepping back on right, make a half turn left stepping forward on left, step forward on right
23&24 Cross left over right, step back on right, step back on left

BACK ROCK, ½ TURN LEFT, HOOK, LEFT LOCK STEP, STEP FORWARD, PIVOT ½ TURN LEFT, STEP FORWARD, LOCK, RIGHT LOCK STEP

25&26 Rock back on right, recover weight forward onto left, make a half turn left stepping back on right
& Hook left in front of right shin
27&28 Step forward on left, lock right behind left, step forward on left
29&30 Step forward on right, pivot a half turn left, step forward on right
& Lock left behind right
31&32 Step forward on right, lock left behind right, step forward on right

ROCK & CROSS, ½ TURN LEFT, CHASSE LEFT, CROSS ROCK, SIDE STEP, CROSS, ¼ TURN LEFT, STEP BACK

33&34 Rock left-to-left side, recover weight onto right, cross left over right
& Make a quarter turn left stepping back on right
35&36 Make a quarter turn left stepping left to left side, close right beside left, step left to left side
37&38 Cross rock right over left, recover weight back onto left, step right-to-right side
39&40 Cross left over right, make a quarter turn left stepping back on right, step back on left

BACK ROCK, STEP FORWARD, FORWARD ROCK, ¼ TURN LEFT, CROSSING SHUFFLE, HIP SWAYS

41&42 Rock back on right, recover weight forward onto left, step forward on right
43&44 Rock forward on left, recover weight back onto right, make a quarter turn left stepping left-to-left side
45&46 Cross right over left, step left to left side, cross right over left

47-48

Step left-to-left side swaying hips left, sway hips right

REPEAT
