

A Long Time Coming

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Paul Foxall (UK) - September 2010
音乐: A Change Is Gonna Come - Leela James



The Timing On The Dance Is '1 & a' Count..... Listening To The Track You Should Hear This Beat Throughout...

SECTION 1

- 1 Step right foot across left foot as you sweep left foot around from back to front.
- 2 & a 3 Run forward left, right, left. Step right foot to right side turning $\frac{1}{4}$ turn left,
- 4 & a 5 Make $\frac{1}{4}$ turn left taking weight on the left foot, $\frac{1}{2}$ turn left stepping back on right, $\frac{1}{4}$ turn left stepping left to left side, cross right over left.
- 6 & a 7 Step left foot to left side, step right next to left, step left over right foot, make $\frac{1}{3}$ of a turn right stepping forward on right, sweep left foot around over right to face 6 o'clock.
- 8 & a 1 Run forward left, right, left, rock forward onto right foot.

SECTION 2

- 2 & a 3 Recover weight onto left, step right next to left, run forward left, right.
- 4 & a 5 Step left across right, make $\frac{1}{4}$ turn left stepping back on right, step back left, rock back on to right foot.
- 6 & a 7 Recover weight onto left foot, make $\frac{1}{2}$ turn left stepping back on right, step back left, step back right.
- 8 & a 1 Shuffle forward left, right, left, make $\frac{1}{4}$ turn left stepping right to right side hitching left knee up

SECTION 3

- 2 & a 3 Step left to left side, step right across left, step left to left side, step right behind left, sweeping left around from front to back.
- 4 & a 5 Step left behind right, right to right side, step left across right, step right to right side.
- 6 & a 7 Step left across right, step right to right side, step left behind right, step right to right side.
- 8 & a 1 Sway hips to left, right, left (on last left sway, slightly hitch right foot off the floor) Step right to right side, dragging left towards right.

SECTION 4

- 2 & a 3 Make a full rolling turn left stepping left forward into $\frac{1}{4}$ turn left, stepping back on right making $\frac{1}{2}$ a turn left, make $\frac{1}{4}$ turn left stepping left to left side, step right across left, sweeping left out and across right. (On count 3 angle body toward left diagonal)
- 4 & a 5 Make a quarter turn left, stepping left across right, back on right $\frac{1}{8}$, back on left, right behind left.
- 6 & a 7 Step left to left side, step right across left, step left to left side, step back on right (slightly hooking left foot up in front of right)
- 8 & a Step left behind right, step right to right side, step left across right.

Start again.....
