

Hangover Time

COPPER KNOB
BY SHEETS

拍数: 80 墙数: 4 级数: Phrased Advanced
编舞者: Jannie Tofte Stoian (DK) - June 2012
音乐: Hangover Time - Ida Corr : (Album: One - iTunes)



Phrasing: A, A16 RESTART, A, A8 RESTART, A, A16 RESTART, A, B, B, B24 RESTART, B, B, B, B
Intro: No beats to count in – start after she sings 'yeah'. App. 10 seconds into track.

Note: See bottom for details on restarts.

Thanks to Lennie & my mother for once again being my guinea pigs.

A SECTION (WEST COAST SWING)

[1-8] Walk R L, Out out, Heel swivels $\frac{1}{4}$ R, Ball step, Touch point, Hitch cross, Unwind $\frac{1}{2}$ L

- 1-2 Walk fw R, L 12:00
- &3 Step R small step to R side, step L small step to L side 12:00
- &4 Swivel R heel L, swivel L heel L turning $\frac{1}{4}$ R (weight L) 03:00
- &5 Step R next to L, step L fw 03:00
- &6 Touch R next to L, point R to R side (bend L knee just a bit) 03:00
- &7-8 Hitch R up (&), cross R over L (7), unwind $\frac{1}{2}$ L ending with weight on L (8) 09:00

[9-16] Cross, Side rock cross, $\frac{1}{4}$ L, $\frac{1}{2}$ L, Step $\frac{1}{2}$ L step, Sweep $\frac{1}{2}$ R

- 1 Cross R over L 09:00
- 2&3 Rock L to L side, recover onto R, cross L over R 09:00
- 4 Turn $\frac{1}{4}$ L stepping back on R 06:00
- 5 Turn $\frac{1}{2}$ L stepping L fw 12:00
- 6&7 Step R fw, turn $\frac{1}{2}$ L stepping onto L, step R fw 06:00
- 8 Sweep L around $\frac{1}{2}$ R, keeping weight on R 12:00

[17-24] Step, anchor sweep, $\frac{3}{4}$ triple L, Touch rock, Coaster step, Sweep $\frac{1}{8}$ L

- 1 Step L fw 12:00
- 2&3 Step R behind L, change weight to L, change weight to R while sweeping L from front to back 12:00
- 4&5 Turn $\frac{1}{4}$ L stepping L next to R, turn $\frac{1}{4}$ L stepping R next to L, turn $\frac{1}{4}$ L stepping L a small step fw ($\frac{3}{4}$ triple turn L) 03:00
- &6 Touch R next to L, rock R fw 03:00
- &7& Recover onto L, step R next to L, step L fw (coaster step) 03:00
- 8 Sweep R around from back to front turning $\frac{1}{8}$ L 01:30

[25-32] Cross back, $\frac{1}{4}$ R Back cross back, $\frac{1}{2}$ L, Step $\frac{1}{2}$ L, $\frac{1}{2}$ L, Collect

- 1-2 Cross R over L, step L back 01:30
- &3-4 Turn $\frac{1}{4}$ R stepping R back, cross L over R, step R back squaring up 03:00
- 5 Turn $\frac{1}{2}$ L stepping L fw 09:00
- 6&7 Step R fw, turn $\frac{1}{2}$ L stepping onto L, turn $\frac{1}{2}$ L stepping back on R 09:00
- 8 Step L next to R 09:00

B SECTION (WALTZ) – STARTS FACING 12:00

[1-6] Twinkle R, Cross sweep

- 1-3 Cross R over L, step L to L side, step R to R side 12:00
- 4-6 Cross L over R (4), sweep R around from back to front (5-6) 12:00

[7-12] Twinkle $\frac{1}{2}$ R, Cross sweep

- 1-3 Cross R over L, turn $\frac{1}{4}$ R stepping back on L, turn $\frac{1}{4}$ R stepping R to R side 06:00
- 4-6 Cross L over R (4), sweep R around from back to front (5-6) (facing L diagonal) 04:30

[13-18] R basic, Step slide

- 1-3 Step R fw, step L next to R, step R next L 04:30
4-6 Step L back, slide R next to L (keeping weight on L) 04:30

[19-24] Basic ½ L, Basic ½ L

- 1-3 Step R back, turn ½ L stepping L fw, step R next to L 10:30
4-6 Step L fw, turn ½ L stepping R back, step L next R

Note: it's really important that you collect and that last count – do NOT step back 04:30

[25-30] R weave, Step slide

- 1-3 Squaring up cross R over L, step L to L side, cross R behind L 06:00
4-6 Step L big step to L side (4), slide R towards L keeping weight on L

Prep body towards L for turn in next section 06:00

[31-36] 1 ¼ R rolling vine, Step point hold

- 1-3 Turn ¼ R stepping R fw, turn ½ R stepping L back, turn ½ R stepping R fw 09:00
4-6 Step L fw, point R to R side 09:00

[37-42] R twinkle back, Cross sweep

- 1-3 Cross R behind L, step L to L side, step R to R side 09:00
4-6 Cross L behind R (4), sweep R from front to back (5-6) 09:00

[43-48] Behind side cross, Step slide

- 1-3 Cross R behind L, step L to L side, cross R in front of L 09:00
4-6 Step L big step to L side (4), slide R towards L, keeping weight on L (5-6) 09:00

RESTARTS:-

PART A – On wall 2 (facing 9:00) & wall 6 (facing 3:00) – dance the first 15 counts and then:

- 8 Sweep L around ½ R, stepping down on L - restart

PART A – On wall 4 (facing 6:00) Do the first 6 counts and then:

- &7-8 Hitch R up (&), cross R over L (7), unwind ¼ L ending with weight on L (8) - restart 06:00

PART B – On wall 3 (facing 10:30/12:00) – Do the first 24 counts and then restart the dance

Ending: The dance finishes at 12:00. No ending needed!

Good luck & enjoy!

Contact: jannietofte@gmail.com
