

Time After Time

COPPER KNOB
STEPSHEETS

拍數: 56 牆數: 2 級數: Advanced Contemporary / WCS
編舞者: Simon Ward (AUS) - January 2016
音樂: Time After Time - Eva Cassidy : (Album: Time After Time, iTunes)



Notes: Dance starts on vocals, approx. 11secs intro.

Restart on Wall 4 on count 16.

End dance on count 23 facing front wall. Styling is soft and smooth, hitting the (a) counts with the chorus

[1-8] □ Cross/step L, Hold & drag, R Scissor step fwd turning 1/8 L, L fwd, R fwd, L fwd, Pivot 1/8 R, Cross/step L

1-2 Cross step left over right turning body slightly right, Hold and drag right towards left 12.00
3&4 Step right to right side, Step left beside right turning 1/8 turn left, Step right slightly forward 10.30
5-6 Step left forward, Step right forward 10.30
7&8 Step left forward, Pivot 1/8 turn right taking weight onto right, Cross/step left over right 12.00

[9-16] □ R back, 3/8 turn L, R shuffle fwd, L Mambo, Rock R back, Recover L

1-2 Step right back turning 1/8 turn left 10.30, Turn 1/4 turn left & step left forward 7.30
3&4 Step right forward, Step left beside right, Step right forward 7.30
5&6 Rock/step left forward, Recover weight back on right, Step left back 7.30
a7-8 Rock right back, Hold slightly looking over right shoulder, Recover weight onto left 7.30

(**RESTART WITH SUBSTITUTE**)

(Optional: 7-8 Rock/step right back slightly looking over shoulder, Rock/recover left forward)

[17-24] □ 3/8 turn L with seep, Weave R, Cross/step R, 3/4 turn R, Lunge L fwd, Step R back

1 Step right slightly forward turning 3/8 turn left sweeping left foot back 3.00
2&3 Step left behind right, Step right slightly to right side, Cross/step left over right 3.00
4 Cross/step right over left 3.00
5& Turn 1/4 turn right stepping left back 6.00, Turn 1/2 turn right stepping right forward 12.00,
6 Lunge ball of left forward 12.00
7-8 Step right back, Step left back

[25-31] □ L back, 1/4 turn R, Point L, 3/4 turn L with sweep, Weave R, turn 1/8 R & Rock R fwd, Recover L pointing toe

&1 Turn a 1/4 turn right stepping right slightly to right, Point left toe to left side 3.00
2-3 Turn 1/4 turn left stepping left slightly forward 12.00, Turn a further 1/2 turn left stepping right back sweeping left foot back 6.00
4&5 Step left behind right, Step right slightly to right, Cross/step left over right 6.00
6 a 7 Turn 1/8 turn right rocking right forward 7.30, Recover on left pointing right toe forward and off the ground, Hold 7.30

(Optional: 7-8 Turn 1/8 turn right rocking right forward, Recover on left point right toe forward and off the ground)

[32-40] □ Weave L turning 1/8 L, Turn 1/8 L & shuffle L fwd, R fwd, Rock L fwd, Recover R, L back dragging R

8&1 Step right behind left, Turn 1/8 turn left stepping left to left, Cross/step right over left 6.00
2&3 Turn 1/8 turn left stepping left forward, Step right beside left, Step left forward 4.30
4 Step right forward 4.30
5-6 Rock left forward rolling body forward, Recover weight back on right rolling body back 4.30
7-8 Step left back dragging right back, Continue dragging right 4.30

[41-48] □ R beside L, L back, Rock R back, Recover L, Cross/step R, L scissor step, 1/4 L R out, L out, 1/4 L,

Step L

- &1 Step right beside left, Step left slightly back 4.30
- 2-3 Rock/step right back, Recover weight onto left 4.30
- 4 Turn 1/8 turn right cross/stepping right over left 6.00
- 5&6 Step left to left side, Step right next to left, Cross/step left over right 6.00
- 7& Turn sharp ¼ turn left stepping right slightly back at right diagonal, Step left slightly to left side 3.00 (up on toes)
- 8& Step right back and behind left turning ¼ turn left, Step left slightly to left side 12.00

[49-56] □ Cross/step R, Rock L fwd, Recover R, L behind, Rock R to R, Recover L, Cross/step R spiral 1 ½ turns R

- 1 Cross/step right over left facing left diagonal 10.30
- 2-3 Rock/step left forward facing diagonal, Recover weight back on right 10.30
- 4-5 Step left behind while straightening up to 12.00 wall, Rock/step right to right side 12.00
- 6-7 Recover weight onto left, Cross/step right over left and start 1½ spiral turn left on right foot
- 8 Continue 1½ spiral turn left on right foot 6.00 (left foot stays slightly cross in front during the spiral turn)

RESTART

Tags: -

End of Wall 1 – Facing Back Wall

- 1-2 Cross/rock left over right, Recover weight onto right
- 3-4 Rock left to left side, recover weight onto right

End of Wall 2 – Facing Front Wall

- 1-2 Hold for an additional 2 counts when spiral turn is completed, restart with vocals

End of Wall 5 – Facing Back Wall

- 1-2 Hold for an additional 2 counts when spiral turn is completed, restart with vocals

Restart (**):

Wall 4 – Facing Front Wall

(After Left Mambo Step) Substitute counts a15-16 with:

- &7-8 Step right slightly back, Step left back dragging right towards left, Recover weight forward onto right

Contact: bellychops@hotmail.com
