

# Frozen In Time

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 2      級數: Intermediate / Advanced  
編舞者: Klara Wallman (SWE) - June 2018  
音樂: You Said You'd Grow Old With Me - Michael Schulte : (3:45)



Start on vocals, 16 counts intro.

**Turn ¼, Back, Touch, Turn ½, Back, Back, Lunge, Turn ¼, Step turn ½, Turn ½, Turn ½.**

- 1-2& Turn ¼ R Step R forward, as you bring your R palm in front of your face (as if you are turning your body and head with your hand) (1), Step L back (2), Touch R toe back (&). (3.00).  
3-4& Turn ½ R w. the weight still on L, as you raise both hands towards the sky (3), Step R back (4), Step L back (&). (9.00).  
5-6 Step R to R as you lunge onto R (5), Recover onto L as you turn a ¼ L. (6.00).  
&7 Step R forward (&), Pivot ½ L, slightly bend you L knee, reach you R arm forward and close your fist as if you are grabbing for something. (7). (12.00).  
8& Turn ½ R step R forward (8), Turn ½ R step L back (&). (12.00).

**Turn ¼ into Basic NC, Spiral turn 5/8, Rock w. sweep, Sweep, Behind, Turn 1/8, Turn ½, Turn ½.**

- 1-2& Turn ¼ R by taking a big step with R to R side (1), Step L next to R (2), Cross R over L (&). (3.00).  
3-4 Step L to L side as you make 5/8 spiral turn over R shoulder (3), Step R forward (4). (10.30).  
&5-6 Rock L forward onto the diagonal (&), Recover onto R as you sweep L from front to back (5), Step down on L as you sweep R from front to back (6).  
7&8& Step R behind L (7), Turn 1/8 L step L forward (&), Turn ½ L step R back (8) Turn ½ step L forward (&). (9.00).

**Turn 1/8, Back, Back, Sway, Turn ¾, Forward, Turn ¼, Turn ¼, Turn ½ w. sweep, Behind, Side.**

- 1-2& Turn 1/8 L step R to side (1), Step L back (2), Step R back (&). (7.30).  
3-4-5 Turn 1/8 L step L to L side as you sway to L (3), (6.00). Turn ¾ R on R as you hitch L knee up (4), Step L forward (5). (3.00).  
6&7 Turn ¼ L step R back, (6), Turn ¼ L step L forward (&), Turn ½ L step R back as you sweep L from front to back (7). (3.00).  
8& Step L behind R (8), Step R to R side (&).

**Rockstep, Back, Touch, Fullturn, Forward, Rockstep w. ¼ turn, Cross, Side, Behind.**

- 1-2& Rock L over R (1), Recover onto R (2), Step L back slightly on the diagonal (&).  
3-4-5 Touch R toe back and reach your R hand forward (palm facing up) (3), Make a full turn R w. the weight still on L as you place you R hand on your heart (4), Step R forward (and drop your hand) (5). (3.00).  
6-7 Turn ¼ R as you rock L to L side (6), Recover onto R (7). (6.00).  
&8& Cross L over R (&), Step R to R side (8), Step L behind R (&).

Start again!

**Tag 1 (10 counts): Happens after wall 2 (facing 12.00).**

**Turn ¼, Back, NC basic x2, Side, Behind, ¼, Step turn ½, Forward.**

- 1-2 The first two steps of the tag are the two first steps of the original dance (Turn ¼ R Step R forward, as you bring your R palm in front of your face (as if you are turning your body and head with your hand) (1), Step L back (2). (3.00).  
3-4& Take a big step w. R to R side (3), Step L next to R (4), Cross R over L (&).  
5-6& Take a big step w. L to L side (5), Step R next to L (6), Cross L over R (&).  
7&8 Step R to R side (7), Step L behind R (&), Turn ¼ R step R forward (8). (6.00).  
&9-10 Step L forward (&), Pivot ½ R (9), Step L (10) (12.00).

**Tag 2 (18 counts): Happens after wall 4 (facing 12.00)**

1-10                The first 10 counts are the same as in Tag 1

**Step, NC basic x2, Side, Behind, Turn  $\frac{1}{4}$ , Step turn  $\frac{3}{4}$ , Touch.**

&11-12&            Step R forward (&), Take a big step w. L to L side (11), Step R next to L (12), Cross L over R (&).

13-14&            Take a big step w. R to R side (13), Step L next to R (14), Cross R over L (&).

15&16            Step L to L side (15), Step R behind L (&), Turn  $\frac{1}{4}$  L step L forward (16). (9.00).

&17-18            Step R forward (&), Pivot  $\frac{3}{4}$  L (17), Touch R next to L (18). (12.00).

**Enjoy!**

**This dance is dedicated to my friend Monica Nilsson <3**

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