

I'm Not Waiting For

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Advanced
編舞者: Ross Brown (ENG) - April 2019
音樂: Heal Me - Grace Carter : (Single)



Intro : 16 Counts (Approx. 11 Seconds)

Restart 1 : On Wall 2, restart after 16 Counts (*R1*) facing 12 o'clock.

Restart 2 : On Wall 5, restart after 8 Counts (*R2*) facing 12 o'clock.

SIDE. BEHIND, SIDE, CROSS. TWIST ½ TURN R, TWIST ½ TURN L with SWEEP. CROSS, SIDE. OUT, OUT, IN, CROSS.

1 Step R to R.
2 & 3 Cross step L behind R, step R to R, cross step L over R.
4 – 5 Twist ½ turn R, twist ½ turn L with sweep R forward.
6 & Cross step R over L, step L to L.
7 & 8 & Step R to R (on toes), step L to L (on toes), step R next to L, cross step L over R. (*R2*) (12 O'CLOCK)

SIDE with HITCH ½ TURN L. SIDE LUNGE. BEHIND, SIDE, CROSS. UNWIND FULL TURN R. JAZZ BOX.

1 Step R to R with make a ½ turn L hitching L knee out.
2 – 3 Lunge L to L, recover onto R.
4 & 5 Cross step L behind R, step R to R, cross step L over R.
6 Unwind a full turn R with R knee pop.
7 & 8 & Cross step R over L, step L back, step R to R, cross step L over R. (*R1*)(6 O'CLOCK)

Note : You can finish the Unwind off during Count 7.

SWAY, SWAY. (TOUCH), STEP BACK. COASTER PRESS. (TOUCH), BACK with SWEEP. BEHIND, SIDE. DIAGONAL CROSS SHUFFLE.

1 – 2 Step R to R swaying R, sway L.
(&) 3 (Optional: Touch R next to L), Step R back.
4 & 5 Step L back, step R next to L, press L forward.
(&) 6 (Optional: Touch R next to L), Step R back sweeping L back.
7 & Cross step L behind R, step R to R.
8 & 1 {Moving forward too} Cross step L over R, close R up to L, cross step L over R with R sweep forward. (6 O'CLOCK)

CIRCLE ½ TURN R into CROSS ROCK. STEP ¼ TURN L. TRIPLE 1 ¼ TURN L.

2 & 3 Cross step R over L, make a ¼ turn R stepping L back, step R back with L sweep back.
4 & Cross step L behind R, make a ¼ turn R stepping R to R.
5 – 6 – 7 Cross rock L over R, recover onto R, make a ¼ turn L stepping L forward.
8 & Make a ½ turn L stepping R back, make a ½ turn L stepping L forward.
1 Make a ¼ turn L stepping R to R. {First Count of Next Wall} (6 O'CLOCK)

END OF DANCE!