

All The Time

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Improver
編舞者: Nina Skyrud (NOR) - July 2019
音樂: All the Time - Zara Larsson



Start the dance after 16 count (when she sings Summertime...) Wall: 2+2

Restarts: On wall 4 after 16 count + wall 10 after 8 count.

[1-8] Step, Hitch, Run back, Back Rock-Recover, Kick-Ball-Step.

1-2 Step right foot forward (1), Hitch left knee (2),
3-&-4 Run back: Left foot (3), Right foot (&), Left foot (4),
5-6 Rock back on right foot (5), Recover onto left foot (6),
7-&-8 Kick right foot forward (7), Step right foot next to left (&), Step left foot forward (8).

(Restart here on wall 10)

[9-16] ½ Paddle Turn, Step, Point, Cross Mambo with Point, Sailor ¼ Turn.

1-&-2-& Step right ball forward (1), Make a ¼ turn left (&), Step right ball forward (2), Make a ¼ turn left (&). [6:00].
3-4 Step forward on right foot (3), Point left foot to the left side (4),
5-&-6 Cross left foot over right (5), Recover onto right foot (&), Point left foot to the left side (6),
7-&-8 Cross left behind right (7), Make ¼ turn left stepping right foot to the right side (&), Step left foot slightly forward (8) [3:00]

(Restart here on wall 4)

[17-24] Syncopated weave, Side Rock switches.

1-2-& Step right foot to the right side (1), Cross left foot behind right (2), Step right foot to the right side (&),
3-4 Step left foot across right (3), Recover onto right foot (4),
5-6-& Rock left foot to the left side (5), Recover onto right (6), Step left foot next to right (&),
7-8 Rock right foot to the right side (7), Recover onto left (8).

[25-32] Sailor Step x2, Modified Jazz box ¼ Turn, Modified Jazz box.

1-&-2 Cross right foot behind left foot (1), Step left foot to the left (&), Step right foot to the right side (2),
3-&-4 Cross left foot behind right foot (3), Step right foot to the right (&), Step left foot to the left side (4),
5-&-6 Cross right foot over left (5), Step left foot back (&), Make a ¼ turn right stepping right foot to the right side (6) [6:00].
7-&-8 Cross left foot over right (7), Step right foot back (&), Step left foot beside right (8).

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