

About Last Night

COPPER KNOB
STEPSHEETS

拍數: 96 牆數: 1 級數: Phrased Advanced
編舞者: Debbie Rushton (UK) - August 2019
音樂: About Last Night - Outasight



Count in: After 16 counts (on lyrics)
SEQUENCE – ABAB TAG ABB TAG

PART A – 64 COUNTS

(1-8) SIDE BACK ROCK, R SHUFFLE, STEP ½ TURN, ROCK RECOVER

1 2 3 Step L to L, Rock R behind L, Recover fwd onto L (angle body to face 1oclock)
4&5 Travelling fwd to R diagonal step R fwd, Lock L behind R, Step R fwd (1oclock)
6 7 Step L fwd, Make ½ turn over L shoulder stepping R back (still on diagonal)
8& Rock L out to L side, Recover onto R (7oclock)

(9-16) CROSS HOLD & BEHIND HOLD & CROSS & BEHIND & CROSS SWEEP

1 2 Squaring up to back wall cross L over R, Hold
&3 4 Step R to R side, Cross L behind R, Hold
&5&6 Whilst making a gradual arching ¼ turn L, Step R to R side, Cross L over R, Step R to R side, Cross L behind R
&7 8 Step R to R side, Cross L over R, Sweep R around (3oclock)

(17-24) CROSS ¼ TURN, SHUFFLE ½ TURN, DIAMOND STEP

1 2 Cross R over L, Make ¼ turn R stepping back on L (6oclock)
3&4 Shuffle ½ turn over R shoulder stepping R L R (12oclock)
5&6 Cross L over R, Step R to R side, Make 1/8 turn L stepping back on L (11oclock)
7&8 Step back on R, Make 1/8 turn L stepping L to L side, Make 1/8 turn L stepping R forward (7oclock)

(25-32) STEP TURN, FULL TURN, OUT OUT TOUCH BUMP & BUMP

1 2 Step L forward and pivot 3/8 turn R taking weight fwd onto R (12oclock)
3 4 Make ½ turn R stepping L back, Make ½ turn R stepping R fwd (or walk walk)
&5 6 Step L out to side, Step R out to side, Touch L beside R
7 8 Step L to L and bump hips to L twice (end with weight L)

(33-40) STEP LOCK & LOCK & LOCK, JAZZ BOX ¼ TURN

1 2 Step fwd on R, Lock L behind R and hitch R knee up
&3 Step fwd on R, Lock L behind R and hitch R knee up
&4 Step fwd on R, Lock L behind R and hitch R knee up
5678 Cross R over L, Step L back, Make ¼ turn R stepping R to R, Step L fwd (3oclock)

(41-56) REPEAT ABOVE 8 COUNTS TWO MORE TIMES (STEP LOCKS & JAZZ BOX)

(57-64) STEP ½ TURN, STEP ½ REVERSE TURN, ¼ SIDE HOLD, HEEL TOE HEEL HITCH

1 2 Step R forward, Pivot ½ turn L taking weight forward onto L (3oclock)
3 4 Step R forward, Make ½ turn R stepping back on L (9oclock)
5 6 Make ¼ turn R stepping R to R side, Hold count 6 (12oclock)
&7&8 Swivel L heel in, Swivel L toe in, Swivel L heel in, Hitch L knee up

PART B – 32 COUNTS

(1-8) SIDE ROCK, CROSS SHUFFLE, BOX ¾ TURN

1 2 Rock L out to L side, Recover weight onto R (12oclock)
3&4 Cross L over R, Step R to R side, Cross L over R

5 6 Step R to R side, Make $\frac{1}{4}$ turn L stepping L to L side (9oclock)
7 8 Make $\frac{1}{4}$ turn L stepping R to R side, Make $\frac{1}{4}$ turn L stepping L to L side (3oclock)

(9-16) CROSS ROCK SIDE CROSS & $\frac{3}{4}$ UNWIND ROCK & CROSS

1 2 Cross rock R over L, Recover back onto L
3 4 Step R to R side, Cross L over R
&5 6 Step R to R side, Lock L behind R, Unwind $\frac{3}{4}$ turn L taking weight onto L
7&8 Rock R out to R side, Recover onto L, Cross R over L (6oclock)

(17-32) REPEAT ABOVE 16 COUNTS – (every Part B is 16 counts repeated twice)

TAG – 16 COUNTS

(1-8) SIDE TOGETHER SIDE TOUCH, BODY ROLL R, BODY ROLL L

1234 Step L to L side, Step R beside L, Step L to L, Touch R beside L (12oclock)
5 6 Step R to R side & do R body roll, Touch L beside R
7 8 Step L to L side & do L body roll, Touch R beside L

(9-16) SIDE TOGETHER SIDE TOUCH, BODY ROLL L, BODY ROLL R

1234 Step R to R side, Step L beside R, Step R to R, Touch L beside R
5 6 Step L to L side & do L body roll, Touch R beside L
7 8 Step R to R side & do R body roll, Touch L beside R

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