

Time to Move On

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 2 級數: Phrased Intermediate Cha Cha / NC
編舞者: Paul Snooke (AUS) & Lilian Lo (HK) - November 2019
音樂: Don't Start Now - Dua Lipa



Intro: Starts on beat 0:10 seconds into the track

Sequence: A a B A A a B A A B A A

Note: There are 2 different paces for the music.

The cha cha is the normal beat, and the nightclub is 1 for every 2 beats. Refer to video teach for visual assistance.

PART A: CHA CHA

[1-9] L Side, R Together, L Forward, Lock Shuffle Forward R, L Forward, 1/2 Turn, R Coaster

1-2-3 Step LF to L side, Step RF together, Step LF forward
4&5 Step RF forward, Cross LF behind RF, Step RF to forward (shuffle)
6-7 Step LF forward, Turn 1/2 R keeping weight to LF
8&1 Step RF back, Step LF together, Step RF forward (coaster) [6:00]

[10-16] Turning Rocking Chair

2-3-4 Turn 1/8 R & step/rock LF forward, Recover weight to RF, Turn 1/8 R & step/rock LF back
5-6& Recover weight to RF, Turn 1/8 R & step/rock LF forward, Recover weight to RF
7&8& Turn 1/8 R & step/rock LF back, Recover weight to RF, Turn 1/8 R & cross/rock LF to R diagonal, Recover weight to RF

RESTART: Twice in the dance, restart the dance after count 16 and go into part B. This is classified as the "a" as opposed to the "A" in the sequence above.

[17-25] L Side, R Together, L Together, 1/4 Chasse R, L Forward, Recover, 1/4 Chasse L,

1-2-3 Step LF to L side, Step R together, Step L together
4&5 Turn 1/4 L & step R to R side, Step LF together, Step RF to R side
6-7 Step/Rock LF forward, Recover weight to RF
8&1 Turn 1/4 L Step LF to L side, Step RF together, Step LF to L side

[26-32] R Cross, Point L, L Cross. Point R, R Together, Jump & Push

2-3-4 Cross RF over LF, Point L toe to L side, Cross LF over RF
5-6 Point R toe to R side, Step RF together & slightly bend both knees
7-8 Slightly jump & slide both feet back while pushing hips back & both palms forward, Step RF forward & straighten body to centre

PART B: NIGHTCLUB

[1-8] L Side, R Cross/Rock, Recover, R Side, L Cross, R Side, 1/4 L Back/Rock, Recover, 1/2 L Back, 1/4 R Side, Sway L,R

1-2& Step LF to L side, Cross/Rock RF over LF, Recover weight to LF
3-4& Step RF to R side, Cross LF over RF, Step RF to R side
5-6& Turn 1/4 L & step/rock LF back, Recover weight to RF, Turn 1/2 R & step LF back [3:00]
7-8-& Turn 1/4 R & Step RF to R side, Sway shoulders L, R [6:00]

[9-16] 1/2 Diamond, L Side & Point Toe, R Side, L Cross, R Side & 1/2 L Hook, L Side, R Cross

1- 2& Step LF to L side, Turn 1/8 R & step RF back, Step LF back [7:30]
3-4& Turn 1/8 R & step RF to R side, Turn 1/8 R & step LF forward, Step RF forward [10:30]
5-6& Turn 1/8 R & step LF to L side while pointing R toe to R side, Step RF to R side, Cross LF over RF [12:00]
7-8& Step RF to R side & spiral turn 1/2 L hooking L heel to right shin leaving toe on floor, Step LF to L side, Cross RF over LF [6:00]

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