

No Time To Waste (CBA 2021)

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 4 級數: Low Intermediate
編舞者: Rafel Corbí (ES) & Ariadna Corbi (ES) - February 2021
音樂: Love Ain't Got No Time To Waste - Jarrod Turner



Intro: 32 counts

Tags: 2 Tags (Tag 1 at the end of Walls 1 & 3, Tag 2 after the first 8 counts on Wall 4)

Section 1: Side, Back Rock, Recover, Step Forward, Rock Forward, Recover, Chasse ¼ Left

1,2,3,4 Step L to L Side, Rock R behind L, Recover Weight fwd onto L, Step R fwd
5,6,7&8 Rock L fwd, Recover Weight back onto R, Turn ¼ L stepping L to L Side (9:00), Step R together, Step L to L side

*** Tag2 on Wall 4

Section 2: Cross, Side, Behind, Side, Rock Forward, Recover, Side Rock, Recover

1,2,3,4 Cross R over L, Step L to L Side, Cross R behind L, Step L to L Side
5,6,7,8 Rock R over L, Recover Weight back onto L, Rock R to R Side, Recover Weight onto L

Section 3: Behind, Sweep, Behind, Side, Lock Shuffle Forward to R Diagonal, Rock Forward, Recover

1,2,3,4 Step R behind L, sweep L around, Step L behind R, Step R to R Side opening body to the R diagonal
5&6,7,8 Step L forward to R diagonal (10:30), Lock R behind L, Step L forward to R diagonal, Rock R forward, Recover Weight back onto L

Section 4: Step, Touch, Step, ½ Turn, ¾ Turn with Chasse Left, Rock Forward, Recover

1,2,3,4 Step R back, Touch L in place while looking at 4:30, Step L back in place looking at 10:30, Turn ½ L stepping R back (4:30)
5&6,7,8 Turn ¾ L stepping L to L Side (12:00), Step R together, Step L to L Side, Rock R over L, Recover Weight back on L

Section 5: Step, Touch, Step, Touch, Sway, Sway, Chasse Right

1,2,3,4 Step R to R Side, Touch L next to R snapping fingers, Step L to L Side, Touch R next to L snapping fingers

(Optional: On Walls 2 & 5 you can modify these steps to do the following: Step R to R Side, Hold, Step L to L Side, Hold)

5,6,7&8 Sway R, Sway L, Step R to R Side, Step L together, Step R to R side

Section 6: Rock Forward, Recover, ½ Forward, Step, Pivot ¼, Cross, Side, Behind

1,2,3,4 Rock L forward, Recover Weight back on R, Turn ½ L stepping L forward (6:00), Step R forward
5,6,7,8 Pivot ¼ L (3:00), Cross R over L, Step L to L Side, Step R behind L

*** Tag1 on Walls 1 and 3

Start Again

Tag 1 At the end of Walls 1 and 3 add the following steps:

Side Rock, Recover, Behind, Side Rock

1,2,3,4 Rock L to L Side, Recover Weight onto R, Cross L behind R, Rock R to R Side (and recover onto L to start the dance again on Step 1)

Tag 2 On Wall 4 after Count 8 (looking at 6:00) add the following steps:

½ Walk, Walk, Lock Shuffle

1,2,3&4 Step R forward, Step L forward, Step R forward, Lock L behind R, Step R forward (all these steps are done while making a half turn to the Left in a semi-circle ending at 12:00). Then start the dance again.

Ending Dance to Count 32 on Wall 6 (end of Section 4, looking at 3:00) and then Step R to R while sweeping L to Turn $\frac{3}{4}$ R and end the dance looking at 12:00.
