

Waiting For a Lifetime

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Advanced
編舞者: Hiroko Carlsson (AUS) - May 2022
音樂: Waiting For A Lifetime - John Newman : (Available on iTunes/Amazon)



16 counts intro

[S1] 2x (Walk-Walk-Heel-Heel w/ Drag-Weight Switch)

1 2& Step forward on R, Step forward on L, Touch R heel forward
3 4& Touch R heel forward again, Drag R heel close to L foot, Step R next to L
5 6& Step forward on L, Step forward on R, Touch L heel forward
7 8& Touch L heel forward again, Drag L heel close to R foot, Step L next to R***

[S2] Fwd Rock-1/4R, Syncopated Weave R, Cross Rock-Side, Syncopated Weave L-

1 2& Rock forward on R, Replace weight on L, Make a 1/4 turn right stepping R to the side (3:00)
3&4& Cross L over R, Step R to the side, Step L behind R, Step R to the side
5 6& Rock/across L over R, Replace weight on R, Step L to the side
7&8 Cross R over L, Step L to the side, Step R behind L

[S3] -Out-Out, Hold, &-1/4R Run Fwd, Side (Stomp)-L Heel Swivel In-Out-Hold-Heel Walk In

&1 Step L out to the side**, Step R out to the side
2& Hold, Step L next to R
3&4& Make a quick 1/4 turn right/run forward on R-L-R-L (6:00)
5 6& Big step/stomp R out to the side, Weight on R foot-L heel swivel to the right, L heel swivel to the left
7&8& Hold, Lift L heel and twist in, Lift L toes and twist in, Lift L heel and twist in

[S4] Side (Stomp)-R Heel Swivel In-Out-Hold-Heel Walk In, Touch-Pivot 1/4L-Touch-Pivot 1/2L

1 2& Big step/stomp L out to the side, Weight on L foot-R heel swivel to the left, R heel swivel to the right
3&4& Hold, Lift R heel and twist in, Lift R toes and twist in, Lift R heel and twist in
5 6 Rock back on R, Replace weight on L
&7 Step/touch forward on R, Make a 1/4 turn left recover weight on L (3:00)
&8 Step/touch forward on R, Make a 1/2 turn left recover weight on L (9:00)

Restart: On Wall 2 count 16&** (12:00) and Wall 6 count 8*** (3:00)

Ending: The last wall starts facing 12:00, dance up to count 8& (12:00).

Last Update - 4 May 2022