

# Mountain Time

COPPERKNOB  
STEPSHEETS

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Pat Lamanna (USA) - June 2022  
音樂: Mountain Time - Ian Munsick



Tag followed by a restart, see \*Dance Structure below

\*\* To dance as a contra, form a line at the start of the dance with each person facing opposite directions (12-6-12-6-12-6). If there are multiple lines, face the same direction as the people in front of and/or behind you. You will pass between the people that started on your left/right to each time the dance restarts, including the restart after the tag.

## [1-8] Walk 3x, Syncopated Pivot Turn, Repeat

1, 2, 3      Walk forward R, L, R  
&      Step L quickly in front of R, begin ½ turn R  
4      Finish ½ turn R, taking weight on R (end facing 6:00)  
5, 6, 7      Walk forward L, R, L  
&      Step R quickly in front of L, begin half turn L  
8      Finish half turn, taking weight on L (end facing 12:00)

## [9-16] 2x Lock Steps, Sway Hips

9      Step R forward  
10      Step L behind R  
&      Step R forward  
11      Step L forward  
12      Step R behind L  
&      Step L forward  
13      Step and take weight on R in line with L (shoulder width apart), sway hips R and slightly rock onto R foot  
14, 15, 16      Sway hips L, R, L, slightly rocking onto foot in direction of sway

## [17-24] ¼ Turning L Sailor Step, Steps Back, Heel Switches, ½ Pivot Turn L

17      Step R behind L  
&      Turning ¼ L, step L forward (L foot pointed towards 9:00)  
18      Step R in line with L (shoulder width apart, body is now facing 9:00)  
19      Step L back  
&      Step R next to L, taking weight on R  
20      Touch L heel forward  
&      Hop onto L foot (next to R foot)  
21      Touch R heel forward  
&      Hop onto R foot (next to L foot)  
22      Touch L heel forward  
&      Hop onto L foot (next to R foot)  
23      Step R forward, beginning ½ turn L  
24      Finish ½ turn L, taking weight on L (now facing 3:00)

## [25-32] Scuff-Cross-Step into Syncopated ¼ R Turning Jazz Box, 2x Step & Brush, Shuffle Forward

25      Scuff R foot into kick, begin crossing R leg over L  
26      Finish crossing R leg over L and take weight on the R foot (now to the left of L foot)  
27      Step L foot back, beginning ¼ turn to the R (facing between 3:00 and 6:00)  
&      Step R foot to R, completing ¼ turn to the R (facing 6:00)  
28      Brush L foot forward (facing 6:00)  
29      Step L foot forward

& Brush R next to L  
30 Step R foot forward  
& Brush L next to R  
31 & 32 Shuffle forward LRL

**[Tag] Rock, Recover, ½ Turn R and Walk 2x**

13 Rock forward onto R foot  
14 Recover weight on L  
15 Step R backward while making a ½ turn R (turning from 6:00 to 12:00, traveling towards 12:00)  
16 Step L forward

**\*Dance Structure**

**-16 Counts – Intro**

**-32 Counts – Wall 1, Start Facing 12:00, end facing 6:00**

**-32 Counts – Wall 2, Start Facing 6:00, end facing 12:00**

**-32 Counts – Wall 3, Start Facing 12:00, end facing 6:00**

**-12 Counts – Wall 4, Start facing 6:00, end facing 6:00 (in front of where you started)**

**-4 Counts – Tag, Start facing 6:00, end facing 12:00 (in the same place you started Wall 4, but facing the opposite direction)**

**RESTART**

**-32 Counts – Wall 5, Start facing 12:00, end facing 6:00**

**-32 Counts – Wall 6, Start facing 6:00, end facing 12:00**

**-32 Counts – Wall 7, Start facing 12:00, end facing 6:00**

**-32 Counts – Wall 8, Start facing 6:00, end facing 12:00**

**-32 Counts – Wall 9, Start facing 12:00, end facing 6:00**

**-32 Counts – Wall 10, Start facing 6:00, end facing 12:00**

**-14 Counts – Wall 11, Start facing 12:00, end facing 12:00**

**-1 Count – Button, quickly center body & weight between feet, tilt head down, raise R hand and point to sky**

**Last Update: 16 Jul 2022**

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