

90 Days

COPPERKNOB
BY STEPHEN BETTS

拍數: 32
牆數: 2
編舞者: Dustin Betts (USA) - May 2022
音樂: 90 Days (feat. Wrabel) - P!nk

級數: High Intermediate



Intro – 16 counts from beginning of song

[1 – 8] CROSS, SIDE, TOGETHER, CROSS, $\frac{3}{4}$, $\frac{1}{2}$ CHASE TURN, RUN (R-L-R), BACK, BACK.

- 1 & 2 & Cross R over L (1), Step L to left side (&), Bring R next to L (2), Cross L over R (&), 12.00
3 4 & Make $\frac{3}{4}$ over left shoulder stepping R back (3.00) (3), Step L fwd (4), Make $\frac{1}{2}$ left bringing R next to L (&), 9.00
5 6 & 7 Step L fwd (5), Step R fwd (6), Step L fwd (&), Step R next to L (7), 9.00
8 & Step L back (8), Step R back (&). 9.00

[9 – 16] $\frac{1}{4}$ SWAY, SWAY X2, $\frac{1}{8}$, CROSS, $\frac{1}{4}$, $\frac{1}{4}$ BACK ROCK, RUN (R-L), FULL SPIRAL, RUN (L-R)

- 1 2 & Make $\frac{1}{4}$ left stepping L to left side swaying upper body left (1), Sway right (2), Sway left (&), 6.00
3 4 & Recover onto R making $\frac{1}{8}$ turn right (7.30) (3), Cross L over R (4), Make $\frac{1}{4}$ turn left stepping R back (&), 4.30
5 6 & Make $\frac{1}{4}$ turn left rocking L back (5), Recover fwd onto R (6), Step L fwd (&), 1.30
7 8 & Step fwd onto R making full spiral turn left hooking L (7), Step L fwd (8), Step R fwd (&). 1.30

[17 – 24] L CROSS ROCK, RECOVER, SIDE ROCK, RECOVER, SWEEP, BEHIND-SIDE, STEP-HITCH, PRESS, SWEEP, BEHIND, $\frac{1}{8}$

- 1 & 2 & Cross rock L over R (1), Recover onto R (&), Rock L to left side (12.00) (2), Recover onto R (&), 12.00
3 4 & Step L back sweeping R front to back (3), Cross R behind L (4), Step L to left side (&), 12.00
5 6 Step R fwd hitching L (5), Press weight of L fwd (6), 12.00
7 8 & Recover back onto R sweeping L front to back (7), Cross L behind R (8), Make $\frac{1}{8}$ turn right stepping R fwd (&) 1.30

[25 – 32] $\frac{3}{8}$ PIVOT, CROSS, $\frac{1}{4}$, $\frac{1}{4}$, $\frac{1}{4}$ FLICK, STEP FWD, $\frac{1}{2}$ PIVOT, $\frac{3}{4}$, SIDE.

- 1 2 Step L fwd (1), Pivot $\frac{3}{8}$ right taking weight onto R (2), 6.00
3 & 4 Cross L over R (3), Make $\frac{1}{4}$ turn left stepping back on R (&), Make $\frac{1}{4}$ turn left stepping L to left side (4), 12.00
& 5 6 Make $\frac{1}{4}$ turn left raising on ball of left while flicking R back (&), Step R next to L (5), Pivot $\frac{1}{2}$ left taking weight fwd onto L (6), 9.00
7 8 Make $\frac{1}{2}$ turn left stepping fwd onto R (7), Make $\frac{1}{4}$ turn left stepping L to left side (8). 6.00

Restarts: Wall 2 & 6, dance up to count 14 & as normal (1.30). Count 15, Step fwd onto R making $\frac{5}{8}$ spiral over L shoulder (6.00) (7), Step L to L side (8).

Tags: End of wall 3, Sway to right (1), Sway to left (2).

Enjoy!