

Comin' Out Tonight

COPPER KNOB
STEPSHEETS

拍數: 56
編舞者: Annemarie Dunn (USA) - July 2022
音樂: About Damn Time - Lizzo

牆數: 2

級數: Phrased Improver / Intermediate



START after 16cts

NO TAGS OR RESTARTS - NOT AS HARD AS IT LOOKS, ENJOY!!!

SEQUENCE: AA, BB, AA, BB, AA, A(16cts), B(16cts)

SECTION A (32cts)

A1 [1-8]: 2 PRESSES, SYNCOPATED POINTS, ¼ L MONTEREY, KNEE POP

1-2&, 3-4& (1)R fwd press (2) recover weight onL, (&) R nxt to L, (3) L fwd press (4)recover weight on R, (&) L nxt to R

5&6&7&8 (5)R side point (&)R nxt to L (6)L side point (&) ¼ L turn (9:00) (7)L nxt to R (&)up-(8)down popping both knees

A2 [9-16]: ¼ L HIPROLL, 2 WALKS *** (opt camel walks), R SIDE ROCK-CROSS, L HEEL TWIST

1-2, 3,4 (1-2) R fwd roll hips L to R w/ ¼ L turn (6:00), (3) R fwd pop L knee, (4) L fwd pop R knee
*** (3-4) opt basic walks

5&6 (5) R side step (&) recover weight on L (6) Cross R step over L

7&8 (7) L ball fwd diagonal (&) twist heels L (8) bring heels back to center with weight still on R

*** NOTE: AT LAST ROUND of section A drop weight onto L heel to release R foot to begin R wizard of section B to finish song

A3 [17-24]: 3 TRIPLE STEP SWEEPS, ¼ R SAILOR

1&2, 3&4, (1&2) Traveling back L-R-L w/ R sweep back, (3&4) R-L-R w/ L sweep back

5&6, 7&8 (5&6) L-R-L w/ Right sweep into (7&8) R back - ¼ L onto L (9:00) - R fwd

A4 [25-32]: L ROCK-STEP, ½ L TURNING TRIPLE *** (Opt 1 ½ L turn), R PRESS, ¼ L DRAG w/ CLAPS

1-2, 3&4 (1-2) L fwd step - recover weight on R, (3) ½ L turn onto fwd L (&) ½ L turn onto back R (4) ½ L turn onto fwd L (3:00)

***Optional ½ L turn: counts (3) ¼ L turn onto L (&) R nxt to L (4) ¼ L turn onto R

5, 6-7, &8 (5) R fwd press, (6-7) ¼ L turn onto big step to L dragging R foot (12:00) (&8) 2 claps

SECTION B (24cts)

B1 [1-8]: 2 WIZARDS, SYNCOPATED HEEL SWIVELS ****"lights" styling/"celebrate" styling

1-2&, 3-4& (1) R fwd diagonal step (2&) L behind R - recover on R, (3) L fwd diagonal step (4&) R behind L - recover weight on L

5&6&7&8 ***1st styling set "lights down low" at 12:00 (5) R nxt to L (&) R heel lift w/ swivel to R (6) R heel back down (&) L heel lift w/ swivel to L (7) L heel back down (&) repeat R heel lift (8) R heel back down

***2nd time styling set "celebrate" at 6:00 repeat pattern using BOTH HEELS lifted w/ HANDS UP on lifts & swiveling both feet in same direction

B2 [9-16]: 2 SLIDE-TOUCHES, R SHUFFLE, L KICK & CROSS

1-2,3-4,5-6 (1-2) R side slide - touch L, (3-4) ¼ L turn slide to L side - touch R (9:00)

5&6, 7&8 (5&6) ¼ L turn R side shuffle R-L-R (6:00), (7) L kick (&) L nxt to R (8) cross R step over L

B3 [17-24]: 3 SLIDE TOUCHES, R KICK & CROSS

1-2,3-4,5-6 (1-2) L side slide - R touch, (3-4) R fwd diagonal slide - L touch, (5-6) L fwd diagonal slide - R touch

7&8 (7) R kick (&) R nxt to L (8) cross L step over R (finish facing 6:00)

***styling lean back a little on kick with arms open then at cross over step throw R arm across body on lyrics

“About Damn Time”

***** when you repeat SECTION B 2nd time you will be facing 6:00 and do “celebrate” styling and end at 12:00**

Dance Created 07/17/22 & taught at WWLA event 07/30/22 Stepsheet created by Annemarie Dunn 07/28/22

***** Choreographer Jonno Liberman honorable mention for his guidance in finalizing some dance patterns.**

Last Update: 13 Oct 2022
