

About Damn Time

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Wil Bos (NL) & Regina Cheung (CAN) - August 2022
音樂: About Damn Time - Lizzo



Info: Intro 16 counts

Note : 2 Tag (16C)

Wall 1 (12:00 – 6:00) + Tag (6:00 to 9:00) - Wall 2 (9:00 – 3:00) - Wall 3 (3:00 – 9:00) + Tag (9:00 to 12:00)

SEC 1: Side, Touch, Side, Touch, Kick Ball Cross, Side Rock

1-2 Step right to right, touch left over right
3-4 Step left to left, touch right behind left
5&6 Kick right to right diagonal, step right beside left, cross left over right
7-8 Rock right to right, recover weight onto left

SEC 2: Weave, Side Rock, ¼ Sailor Turn, Step, ¼ Pivot

1&2 Step right behind left, step left to left, cross right over left
3-4 Rock left to left, recover weight onto right
5&6 Turn ¼ left step left behind right, step right to right, step left to left (9:00)
7-8 Step right forward, pivot ¼ left transferring weight onto left (6:00)

SEC 3: ¼ Jazz Box, Touch Hip Bumps, ½ Turn Touch Hip Bumps

1-2 Cross right over left, turn ¼ right step left back (9:00)
3-4 Step right to right, step left forward
5&6 Touch right forward bump hips forward, bump hips back, bump hips forward weight on right
7&8 Turn ½ left touch left forward bump hips forward, bump hips back, bump hips forward weight on left (3:00)

SEC 4: Syncopated Rocks, Back, Back, Coaster Step

1-2& Rock right forward, recover weight onto left, step right beside left
3-4 Rock left forward, recover weight onto right
5-6 Step left back, step right back
7&8 Step left back, step right beside left, step left forward

SEC 5: Side, Touch, Side, Touch, Side, Touch, Shuffle

1-2 Step right to right diagonal, touch left beside right
3-4 Step left to left diagonal, touch right beside left
5-6 Step right to right diagonal, touch left beside right
7&8 Step left forward, step right beside left, step left forward

SEC 6: Skate, Touch, Shuffle, ¼ Jazz Box

1-2 Skate right forward, touch left beside right
3&4 Step left forward, step right beside left, step left forward
5-6 Cross right over left, turn ¼ right step left back (6:00)
7-8 Step right to right, cross left over right

Tag: At the end of Walls 1 & 3

SEC 1: Kick Ball Touch, Full Rolling Vine Touch, ¼ Shuffle

1&2 Kick right forward, step right beside left, touch left beside right
3-4 Turn ¼ left step left forward, turn ½ left step right back (9:00)
5-6 Turn ¼ left step left to left, touch right beside left (6:00)
7&8 Step right to right, step left beside right, turn ¼ right step right forward (9:00)

SEC 2: Step, Together, Coaster Step, Kick Ball Point, Kick Ball Touch

- 1-2 Step left forward, step right beside left
- 3&4 Step left back, step right beside left, step left forward
- 5&6 Kick right forward, step right beside left, point left to left
- 7&8 Kick left forward, step left beside right, touch right beside left

Start Again

Last Update -12 Aug 2022
