

Time Is Everything

COPPER KNOB
BY STEPHEN HETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Lesley Kidd (UK) & Hayley Goy (UK) - 1 February 2023
音樂: Everything You Need - Skerryvore



Intro: 32 counts

SECTION 1: Heel grind $\frac{1}{4}$ turn, coaster step, rock forward, recover, shuffle $\frac{3}{4}$ turn.

1-2 Rock fwd R heel twisting R toe from L to R making $\frac{1}{4}$ turn R, recover weight to L (3:00)
3&4 Step back R, step L beside R, step fwd R
5-6 Rock fwd L, recover weight to R
7&8 Turn $\frac{1}{2}$ L stepping L fwd, step R beside L, turn $\frac{1}{4}$ L stepping L fwd (6:00)

SECTION 2: Side rock, recover, cross shuffle X2

1-2 Rock R to R side, recover weight to L
3&4 Step R across L, step L to L side, step R across L
5-6 Rock L to L side, recover weight to R
7&8 Step L across R, step R to R side, step L across R

SECTION 3: Kick ball-cross X2, side rock, recover, behind and step forward

1&2 Kick R to R diagonal, step on ball of R beside L, step L across R
3&4 Kick R to R diagonal, step on ball of R beside L, step L across R
5-6 Rock R to R side, recover weight to L
7&8 Step R behind L, step L to L side, step R fwd

SECTION 4: Shuffle $\frac{1}{2}$ turn, shuffle $\frac{1}{4}$ turn, syncopated jazz box

1&2 Turn $\frac{1}{4}$ R stepping L to side, step R beside L, turn $\frac{1}{4}$ R stepping L back
3&4 Turn $\frac{1}{4}$ R stepping R to R side, step L beside R, step R to R side (3:00)
5-6 Step L across R, step back R
&7-8 Step on ball of L beside R step R across L, step L to L Side

SECTION 5: Kick and point X2, cross rock, recover, side rock, recover

1&2 Kick R fwd, step R beside L, point L to L side
3&4 Kick L fwd, step L beside R, point R to R side
5-6 Rock R across L, recover weight to L
7-8 Rock R to R side, recover weight to L

SECTION 6: Cross shuffle, $\frac{1}{2}$ hinge turn, cross, side, sailor heel

1&2 Step R across L, step L to L side, step R across L
3-4 Turn $\frac{1}{4}$ R stepping back L, turn $\frac{1}{4}$ R stepping R to R side
5-6 Step L across R, step R to R side
7&8 Step L behind R, step R to R side, tap L heel to L diagonal (9:00)

SECTION 7: Step, cross shuffle, turn, cross shuffle, 4X boogie walks

&1&2 Step L beside R, step R across L, step L beside R, step R across L
3&4 Turn $\frac{1}{2}$ L keeping weight on R stepping L across R, step R beside L, step L across R (3:00)
5-6 Turn $\frac{1}{4}$ R on ball of R foot, towards diagonal, step fwd on L squaring to 6:00
7-8 Step on ball of R, swivelling to diagonal, step fwd on L squaring to 6:00

SECTION 8: Side, behind, and heel, and cross X2

1-2 Step R to R side, step L behind R
&3&4 Step R beside L, tap L heel to L diagonal, step L beside R, step R across L

5-6 Step L to L side, step R behind L
&7&8 Step L beside R, tap R heel to R diagonal, step R beside L, step L across R

TAG: There is one tag, danced three times, once at the end of wall 2, and twice at the end of wall 5

SECTION 1: Heel and touch X2, toe switches to side X2, heel switches to front X2

1&2 Tap R heel fwd, step R beside L, tap ball of L beside R
3&4 Tap L heel fwd, step L beside R, tap ball of R beside L
5&6& Point R to R side, step R beside L, point L to L side, step L beside R
7&8 Tap R heel fwd, step R beside L, Tap L heel forward

SECTION 2: Ball, rock forward, recover, shuffle ½ turn, rock, recover, coaster step

&1-2 Step L beside R, rock fwd on R, recover weight to L
3&4 Turn ¼ R stepping R to side, step L beside R, turn ¼ R stepping R fwd.
5-6 Rock forward L, recover weight to R
7&8 Step back L, step R beside L, step forward L

SECTIONS 3&4: Repeat first 2 sections.
