

# AB Damn Time

COPPERKNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Sandra Letourneur (FR) & Jonathan YANG (FR) - July 2023  
音樂: About Damn Time - Lizzo



Introduction : 16 counts

**[1-8] : STEP, TOUCH, BAK TOUCH, STEP 1/4 TURN, BUMP L-R-L**

- 1.2            step RF forward, Touch point LF to left side – 12 :00 –
- 3.4            step LF back, Touch point RF to right side
- 5.6            \*\*\* step RF forward, pivot 1/4 turn to left with a Hip Bump to left side \*\*\* – 09 :00 –
- 7.8            \*\*\* Hip Bump to right side, Hip Bump to left side \*\*\*

\*\*\* on counts 5 & 7 get both arms up and both hands opened, on counts 6 & 7 get both arms down and both hands closed \*\*\*

**[9-16] : 2 WEAVE, TOUCH FORWARD, SIDE TOUCH, TAP, HITCH**

- 1.2            Cross RF forward, step LF to left side
- 3.4            Cross RF behind LF, step LF to left side
- 5.6            Touch point RF forward, Touch point RF to right side
- 7.8            Touch point RF beside LF, Hitch right knee forward

**[17-24] : WALK AROUND 1/2 TURN, JAZZ BOX CROSS**

- 1              1/8 turn R . . . . step RF forward – 10 :30 –
- 2              1/8 turn R . . . . step LF forward – 12 :00 –
- 3              1/8 turn R . . . . step RF forward – 01 :30 –
- 4              1/8 turn R . . . . step LF forward – 03 :00 –
- 5.6            Cross RF over LF, step LF to back
- 7.8            step RF to right side, Cross LF over RF

**[25-32] : RIGHT & LEFT TOE STRUT with HIP BUMP, V-STEP**

- 1              Touch point RF with a Hip Bump R forward,
- &2            Hip Bump L to the back, Drop right heel with a Hip Bump R forward
- 3              TOUCH point LF with a Hip Bump L forward,
- &4            Hip Bump R to the back, Drop left heel with a Hip Bump L forward
- 5.6            step RF forward on right diagonal « OUT », step LF to left side « OUT »
- 7.8            step RF to the back « IN », step LF beside RF « IN »

This dance was co-writing with Sandra LETOURNEUR and was especially taught during the event “Festival Country En Retz 2022”, to Saint-Viaud, Pays de la Loire – 44, France

Enjoy!