

About Damn Time

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Paula Kyoko McFarlane (AUS) - January 2024
音樂: About Damn Time - Lizzo



Intro: 16 Counts

SEC 1 SIDE TOGETHER, SIDE SHUFFLE, ROCK RECOVER, 1/2 TURN SHUFFLE

1-2 Step right side, step left together
3&4 Step right side, step left next to right, step right side
5-6 Rock left forward, recover right
7&8 Turn 1/2 left, step left forward, right together, step left forward (6.00)

SEC 2 SIDE TOGETHER, SIDE SHUFFLE, ROCK RECOVER, 1/2 TURN SHUFFLE

1-2 Step right side, step left together
3&4 Step right side, step left next to right, step right side
5-6 Rock left forward, recover right
7&8 Turn 1/2 left, step left forward, right together, step left forward (12.00)

SEC 3 SIDE ROCK, RECOVER, SAILOR STEP, 1/2 PIVOT, 1/4 PADDLE CROSS

1-2 Step right side, recover left
3&4 Step right behind left, step left to left, step right forward
5-6 Step left forward, turn 1/2 turn right onto right (6.00)
7&8 Step left forward, turn 1/4 turn right, cross left over right (9.00)**

RESTART **

SEC 4 FULL ROLLING TURN, OUT, OUT, HIP ROLL

1-2 Turn 1/4 right on right, step 1/2 right stepping left back (6.00)
3-4 Turn 1/4 right on right, step left together (9.00)
&5-6 Step right on slight diagonal, step left on slight diagonal, HOLD
7-8 Full circle anticlockwise of hips for 2 counts (9.00)

RESTART ** After 24 counts on wall 3 (3.00), wall 4 (12.00), wall 7 (3.00), wall 8 (12.00)

ENDING: Wall 11

LAST 8 counts

SEC 4 FULL ROLLING TURN, JUMP 1/4 TURN LEFT OUT, OUT, (12.00) HIP ROLL

1-2 Turn 1/4 right on right, step 1/2 right stepping left back (6.00)
3-4 Turn 1/4 right on right, step left together (9.00)
&5-6 Turn 1/4 left, step right on slight diagonal, step left on slight diagonal, HOLD (12.00)
7-8 Full circle anticlockwise of hips for 2 counts