

# This Era (这个年代)

COPPER KNOB  
BY STEPHEN T. C.

拍數: 32      牆數: 2      級數: Low Intermediate  
編舞者: Heru Tian (INA) - March 2024  
音樂: Zhe Ge Nian Dai (這個年代) - Yang Lan Yi (洋瀾一)



## Section 1 : Sync Weave, Back, Hitch, Behind, Side, Sync Rocking Chair (Cross & Side), Behind, Sweep, Sailor Slide

12&3      Step RF to R Side (1), Cross LF over RF (2), Step RF to R Side (&), Step LF bwd, Hitch LF figure 4 (3)  
4&      Step LF behind RF (4), Step LF to L Side (&)  
5&6&      Rock RF cross over LF (5), Recover on LF (&), Rock RF to R Side (6), Recover on LF (&)  
78&      Step RF behind LF, Sweep LF front to back (7), Step LF behind (8), Step RF beside LF (&)  
1      Take a long step LF to L Side into Basic NC (1)

## Section 2 : Basic NC, Spiral 3/4L, Runs Fwd, Press Fwd, Walks bwd, 1/4R Side, Sways

2&      Step RF slightly behind LF (2), Cross LF over RF (&)  
3      Step RF to R Side, Make  $\frac{3}{4}$  spiral turn L (3) (3.00)  
4&5      Run LF fwd (4), Run RF fwd (&), Press LF Fwd (5)  
6&      Walk RF back (6), Walk LF back (&)  
78&      1/4R, Step RF to R Side, Sway to Right (7), Sway Left (8), Sway Right (&) (6.00)

## Section 3 : Fwd, Sweep, 3/4R Diamond

1      Step LF fwd, Sweep RF back to front (1)  
2&3      Cross RF over LF (2), Step LF to L Side (&), 1/8R, Step RF back (3)  
4&5      Step LF back (4), 1/8R, Step RF to R Side (&), 1/8R, Step LF fwd (5)  
6&7      Step RF fwd (6), 1/8R, Step LF to L Side (&), 1/8R, Step RF back (7)  
8&      Step LF back (8), 1/8R, Step RF to R Side (&) (3.00)

## Section 4 : Press Fwd, Back Locking Step, Sweep, Back Locking Step, Sweep, Rock Back, Spiral 3/4L, Fwd, Touch

1      Press LF fwd (1)  
2&3      Step RF bwd (2), Lock LF over RF (&), Step RF bwd, Sweep LF front to back (3)  
4&5      Step LF bwd (4), Lock RF over LF (&), Step LF bwd, Sweep RF front to back (5)  
6&7      Rock RF bwd (6), Recover on LF (&), Step RF to R Side, make 3/4L spiral turn (7)  
8&      Step LF fwd (8), Touch RF next to LF (&) (6.00)

Thank you so much,

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