

My Time

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 4 級數: Improver
編舞者: Tina Lincoln (UK)
音樂: It's My Time - Dave Montana



RIGHT MAMBO, LEFT MAMBO, SIDE TOGETHER, RIGHT CHASSE

1&2 Rock forward onto right foot, rock back onto left, step right beside left
3&4 Rock back onto left foot, rock forward onto right foot, step left beside right
5-6 Step right foot to right side, step left foot beside right
7&8 Step right foot to right, step left foot beside right, step right foot to right

LEFT MAMBO, RIGHT MAMBO, SIDE TOGETHER, SHUFFLE FORWARD

9&10 Rock left foot forward, rock back onto right, step left beside right
11&12 Rock back onto right foot, rock forward onto left, step right beside left
13-14 Step left foot to left, step right beside left
15&16 Left shuffle forward

SIDE TOGETHER, SHUFFLE BACK, SIDE TOGETHER, SIDE TOGETHER ¼ TURN

17-18 Step right foot to right side, step left beside right
19&20 Right shuffle back
21-22 Step left foot to left side, step right beside left
23&24 Step left foot to left, step right beside left, step left foot ¼ turn to left

RIGHT FORWARD, PIVOT ½ TURN LEFT, SHUFFLE ½ TURN, WALK BACK LEFT RIGHT, COASTER STEP

25-26 Step right foot forward, pivot ½ turn left
27&28 Shuffle ½ turn left
29-30 Walk back left, right
31&32 Step left foot back, step right beside left, step left foot forward

WALK RIGHT LEFT, RIGHT LOCK STEP, ROCK FORWARD AND BACK, SHUFFLE ¾ TURN LEFT

33-34 Walk forward on right, left
35&36 Step right foot forward, lock left behind right, step forward right
37-38 Rock forward onto left foot, rock back onto right
39&40 Shuffle ¾ turn left on left right left

SIDE ROCK, CROSS SHUFFLE, SIDE ROCK, ¼ SAILOR STEP

41-42 Rock right foot to right, rock back onto left
43&44 Cross shuffle (cross step right over left, step left to left, step right cross left)
45-46 Rock left foot to left side, rock back onto right foot
47&48 Making a ¼ turn left step back on left foot, step right beside left, step onto left foot

REPEAT

The music can be found on CD "Prime Time" by Dave Montana or can be downloaded for free from www.davemontana.co.uk, Fan pages. Many thanks to Dave for his music and support