

No Time At All

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Improver
編舞者: Gordon Timms (UK)
音樂: No Time at All - Charlie Landsborough



TWO WALKS, KICK BALL STEP. TURN ½ TURN LEFT WITH A RIGHT KICK BALL STEP

1-2-3&4 Walk right, walk left, kick right foot forward, replace, step forward on left
5-6-7&8 Step forward on right, pivot ½ turn left, kick right foot forward, replace, step forward on left
(6:00)

ROCK AND RECOVER, RIGHT COASTER STEP, STEP BACK LEFT AND SWIVEL ½ TURN LEFT, KICK RIGHT BALL CHANGE AND CROSS

1-2-3&4 Rock forward on right, recover, right coaster step
5-6-7&8 Step back on left behind right, swivel ½ turn left on balls of feet, kick right foot forward, replace, step and cross left over right (12:00)

ROCK AND RECOVER, QUARTER TURN RIGHT WITH SAILOR STEP, WALK LEFT WALK RIGHT, LEFT FORWARD LOCK STEP

1-2-3&4 Rock right to right side, recover, quarter turn right with a sailor step
5-6-7&8 Walk left, walk right, forward left, lock step left-right-left (3:00)

STEP RIGHT PIVOT ¾ TURN INTO RIGHT SIDE SHUFFLE, ROCK AND RECOVER LEFT OVER RIGHT INTO ¼ TURN LEFT WITH A SAILOR STEP

1-2-3&4 Step right forward, pivot ¾ turn left into right side shuffle right-left-right
5-6-7&8 Cross rock left over right, recover, quarter turn left with a sailor step (3:00)

REPEAT

START / FINISH

Start the dance on the vocals when Charlie sings the word "all". To finish the dance and face the front neatly, replace the kick ball cross with a step right next to the left.
