

# Prime Time

**COPPER KNOB**  
STEPSHEETS

拍數: 64      牆數: 0      級數:  
編舞者: Deb Crew (CAN)  
音樂: Day Off - Ronnie McDowell



## **RUNNING MAN & 3-STEP SHUFFLES (MOVING FORWARD)**

1&            Step forward on left, slide back on left hitching right knee  
2&            Step forward on right, slide back on right hitching left knee  
3&4          One 3-step shuffle forward: (left-right-left)  
5&            Step forward on right, slide back on right hitching left knee  
6&            Step forward on left, slide back on left hitching right knee  
7&8          One 3-step shuffle forward: (right-left-right)

## **3-STEP SHUFFLES MOVING BACKWARDS**

9&10          One 3-step shuffle backwards (cross left behind right on first step of shuffle) weight on left  
11&12        One 3-step shuffle backwards (cross right behind left on first step of shuffle) weight on right

## **SYNCOPATED STEPS & CLAPS**

&13           Step out left, step out right (feet are slightly apart) weight on right  
&14           Step in with left, step right over left (legs are crossed) weight on right  
&15           Step out left, step out right (feet are slightly apart) weight on right  
&16           Clap, clap

17-32          Repeat steps 1-16 (shift weight to left foot on count 32)

## **RIGHT KICK-BALL-CHANGE; BALL-CHANGE; BALL-TOUCH**

### **Moving to the right on the ball-change steps-like the electric slide**

33&34        Kick right forward, step down on ball of right foot, step left beside right  
&35           Step side right on ball of right foot, step ball of left foot beside right  
&36           Step side right on ball of right foot, touch left beside right weight on right

## **SLIDE-TOGETHER-SLIDE-KICK (SYNCOPATED)**

&37           Step side left on ball of left foot, step ball of right together with left  
&38           Step side left on ball of left foot, kick right foot forward  
&39           Step side right on ball of right foot, step ball of left together with right  
&40           Step side right on ball of right, touch left beside right weight on right

## **LEFT KICK-BALL-CHANGE; BALL-CHANGE; BALL-TOUCH**

### **Moving to the left on the ball-change steps-like the electric slide**

41&42        Kick the left forward, step down on ball of left foot, step right beside left  
&43           Step side left on ball of left foot, step ball of right foot beside left  
&44           Step side left on ball of left foot, touch right beside left weight on left

## **SIDE-TOGETHER-SIDE-KICK (SYNCOPATED)**

&45           Step side right on ball of right foot, step ball of left together with right  
&46           Step side right on ball of right, kick left foot forward  
&47           Step side left on ball of left foot, step ball of right together with left  
&48           Step side left on ball of left foot, touch right beside left

## **HALF-VINES, SHUFFLES & ¼ TURNS**

49-50          Step side right, step left behind right  
51&52        One 3-step shuffle on-the-spot (right-left-right)

53-54 Step side left, step right behind left  
55&56 One 3-step shuffle on the spot (left-right-left)  
57-58 Step forward right, ¼ turn left weight on left  
59-60 Step forward right, ¼ turn left weight on left

**WALK FORWARD; SHUFFLE IN PLACE**

61-62 Walk forward right, forward left  
63-64 One 3-step shuffle on-the-spot (right-left-right)

**REPEAT**

**TAG**

**For the song "Day Off" only, after repetition 3**

1-2 Clap twice

**Start from step 1**

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