

This Is My Time

COPPER **KNOB**
STEPSHETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Christian Sildatke (DE)
音樂: This Is My Time - Sasha



FORWARD & BACK JUMPS, KNEE BENDS

& Right foot jump slightly forward
1 Left foot step slightly forward
& Right foot jump slightly back
2 Left foot step next to right foot
& Right foot jump slightly forward
3 Left foot step slightly forward
& Bend knees
4 Straighten up
5 Right foot step right diagonally forward, roll right hip to right side
6 Left foot step left diagonally forward, roll left hip to left side
7 Right foot step back, roll right hip to right side
8 Left foot step back, roll left hip to left side

STEP, CROSS, TURN (2X)

& Right foot step to the right side
9 Left foot cross behind right foot
10 ¾ turn left
& Right foot step to the right side
11 Left foot cross behind right foot
12 Right foot ¾ turn left
13-16 Repeat counts 5-8

STEP, CROSS, HOLD, TURN, JUMPS, HOLD, KNEE ROLLS

& Right foot step to the right side
17 Left foot cross behind right foot
18 Hold
19-20 ¾ turn left
& Right foot jump slightly forward
21 Left foot jump slightly forward
22 Hold
23 Roll both knees in
24 Roll both knees out

WALKS, SHUFFLE, PIVOT TURN, SIDE SLIDE WITH ¼ TURN

25 Right foot step forward, roll right hips to right side
26 Left foot step forward, roll left hips to left side
27 Right foot step forward
& Left foot step next to right foot
28 Right foot step forward
29 Left foot step forward
30 Right foot ½ turn right
31 Left foot step forward with a ¼ turn right
32 Right foot drag right beside left foot

REPEAT

