

Back In Time

COPPER KNOB
STEP SHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Pepper Siquieros (USA)
音樂: Back In Time - The Neil Scott Johnson Band



Free MP3 copy available at www.NeilScottJohnson.com

RIGHT BACK ROCK, ¼ TURN SIDE SHUFFLE, LEFT BACK ROCK, ¼ TURN SIDE SHUFFLE

1-2 Rock back on right, recover forward to left (prep for left turn on next step)

3&4 Make ¼ turn left and shuffle to right side right, left, right (facing 9:00)

Advanced option: turn 1 and ¼ turns left for counts 3&4 by making ½ turn left and stepping back on right, make ½ turn left and step forward on left, make ¼ turn left and step right to right side

5-6 Rock back on left, recover forward to right (prep for right turn on next step)

7&8 Make ¼ turn right and shuffle to left side left, right, left (facing 12:00)

RIGHT BACK ROCK & STEP SIDE, LEFT BACK ROCK & STEP SIDE, RIGHT CROSS ROCK & ¼ TURN, LEFT SHUFFLE FORWARD

1&2 Rock back on right, recover on left, step right to right side

3&4 Rock back on left, recover on right, step left to left side

5&6 Cross rock right over left, recover onto left, turn ¼ turn right and step forward on right

7&8 Shuffle forward left, right, left (facing 3:00)

Advanced option: make a full turn right as you shuffle forward

FORWARD ROCK & STEP BACK, ½ TURN, ½ TURN, LEFT COASTER STEP, RIGHT FORWARD SHUFFLE

1&2 Rock forward on right, recover onto left, step straight back on right

3-4 Make ½ turn left and step forward on left, make ½ turn left and step back on right

5&6 Step back on left, step together on right, step forward on left

7&8 Shuffle forward right, left, right (facing 3:00)

SIDE ROCK & CROSS, ¼ TURN, ¼ TURN, CROSS ROCK & SIDE, CROSS, FULL UNWIND

1&2 Rock to left side onto left, recover onto right, cross left over right

3-4 Make ¼ turn left and step back onto right, make ¼ turn left and step left to left side

5&6 Cross rock right over left, recover onto left, big step right to right side

7-8 Cross left over right, full turn right (unwind full turn) keeping weight on left (facing 9:00)

REPEAT

FINISH

When the song ends you have finished the back rocks in counts 11&12, cross right over left, hold/pose and slowly turn left to face front
