

Awesome Time

COPPER KNOB
BY STEPHEN

拍數: 0 牆數: 2 級數: Intermediate
編舞者: Tucson Terrors
音樂: (I've Had) The Time of My Life - Bill Medley & Jennifer Warnes



Sequence: AA, BC, Tag 1, AA, CC, AA, Tag 2, CC, ENDING

PART A

"..I've been waiting for so long .."

ROCK RIGHT FORWARD-RECOVER, BACK RIGHT SHUFFLE, ROCK LEFT BACK-RECOVER, LEFT SHUFFLE FORWARD

1-2 Rock right forward (rolling hip), recover onto left
3&4 Step right back, step left next to right, step right back
5-6 Rock left back (rolling hip), recover onto right
7&8 Step left forward, step right next to right, step left forward

KICK RIGHT & POINT LEFT SIDE, KICK LEFT & POINT RIGHT SIDE, STEP RIGHT ½ PIVOT, RIGHT SHUFFLE FORWARD

1&2 Kick right forward, step right slightly forward, touch left to left side
3&4 Kick left forward, step left slightly forward, touch right to right side
5-6 Step right forward, ½ pivot left
7&8 Step right forward, step left next to right, step right forward

SIDE LEFT MAMBO CROSS, SIDE RIGHT MAMBO CROSS, ROCK LEFT FORWARD-RECOVER, TURNING ½ SHUFFLE LEFT

1&2 Rock left side left, recover, cross left over right
3&4 Rock right side right, recover, cross right over left
5-6 Rock left forward, recover
7&8 Shuffle turn ½ left stepping left, right, left

STEP RIGHT DIAGONALLY RIGHT, STEP LEFT TOGETHER, BEND BOTH KNEES RIGHT-RECOVER / REPEAT SEQUENCE LEADING LEFT (WITH ARM MOVEMENTS ON THE KNEE BENDS)

1-2 Step right diagonal right, step left next to right
3-4 Bend both knees right, straighten-up (hold up arms to the left as if you were holding a partner)
5-6 Step left diagonal left, step right next to left
7-8 Bend both knees left, straighten-up (hold up arms to the right as if you were holding a partner)

CHASSE RIGHT, ROCK LEFT BEHIND RIGHT-RECOVER, CHASSE LEFT ¼ LEFT, SWEEP RIGHT/RONDE ¾ LEFT (WEIGHT ON LEFT - BACK TO HOME WALL)

1&2 Step right to right side, together left, step right to right side
3-4 Rock left behind right, recover
5&6 Step left to left side, together right, step left to left side turning ¼ left
7-8 On left foot sweep/ronde right ¾ left bringing right next to left (over 2 counts)

PART B

"You're the one thing .."

ROCK RIGHT FORWARD & BACK & SIDE & CROSS, SIDE LEFT ROCK & CROSS, SIDE RIGHT-SIDE LEFT/HINGE ½ LEFT-STEP RIGHT SIDE RIGHT

1&2& Rock right forward, recover, rock right back, recover
3&4 Rock right side, recover, cross right over left
5&6 Rock left side. Recover, cross left over right

7&8 Step right side right, hinge ½ left side left, step right side/slightly forward

CROSS LEFT TWINKLE, CROSS RIGHT TWINKLE, LEFT HEEL VAUDEVILLE & CROSS RIGHT, UNWIND ¾ LEFT

1&2 Cross left over right, step right side right, step left side left

3&4 Cross right over left, step left side left, step right side right

5&6& Cross left over right, step right side right/slightly back, touch left heel forward, step left next to right

7-8 Cross right over left, unwind ¾ left (weight to right)

LEFT COASTER STEP, SKATES FORWARD RIGHT-LEFT, KICK RIGHT ACROSS LEFT-FLICK RIGHT SIDE RIGHT-½ RIGHT/HOOKING RIGHT OVER LEFT, SHUFFLE RIGHT FORWARD

1&2 Step back left, step right together, step left forward

3-4 Skate right forward, skate left forward

5&6 Kick right across left, flick right to right side, turn ½ right on left/hooking right across left

7&8 Step right forward, step left next to right, step right forward

ROCK LEFT FORWARD-RECOVER-STEP LEFT FORWARD ½ LEFT, TURN ¼ LEFT INTO RIGHT SIDE RIGHT-TOGETHER LEFT-RIGHT SIDE-TOGETHER-SIDE-TOGETHER-SIDE, CROSS LEFT OVER RIGHT, UNWIND FULL RIGHT/SWEEPING RIGHT, TOUCH BEHIND LEFT (LOOK BACK)

1&2& Rock left forward, recover, step left forward turning ½ left, turn ¼ left

3&4&5 Step right to right side, together left, step right to right side, together left, step right to right side

6 Cross left over right

7-8 Unwind full right/sweeping right around, touch right behind left (look back over right shoulder)

PART C

"I had the time of my life"

FORWARD RIGHT CHARLESTON, BACK LEFT CHARLESTON, CHASSE RIGHT, ROCK LEFT BEHIND RIGHT-RECOVER

1-2 Step right forward, touch left forward slightly across right

3-4 Step left back, touch right back

5&6 Step right to right side, together left, step right to right side

7-8 Rock left behind right, recover

CHASSE LEFT, ROCK RIGHT BEHIND LEFT-RECOVER, CROSS WALKS FORWARD RIGHT-LEFT, STEP RIGHT ½ PIVOT LEFT

1&2 Step left to left side, together right, step left to left side

3-4 Rock right behind left, recover

5-6 Cross walk right over left, cross walk left over right

7-8 Step right forward, ½ pivot left

SWAYZE STRUTS RIGHT-LEFT-RIGHT-LEFT, SCISSOR STEPS RIGHT-LEFT

1&2& Touch right heel forward, step down right, touch left heel forward, step down left

Put your own styling into this, with some 'Swayze Arms' as well

3&4& Repeat 1&2&

5&6 Step right side right, together left, cross right over left

7&8 Step left side left, together right, cross left over right

SWAYZE STRUTS RIGHT-LEFT-RIGHT-LEFT, SCUFF RIGHT-HITCH RIGHT-STEP RIGHT BACK, SIT DOWN-UP

1&2& Touch Right Heel Forward, Step Down Right, Touch Left Heel Forward, Step Down Left

Put your own styling into this, with some 'Swayze Arms' as well

3&4& Repeat 1&2&

5&6 Scuff right next to left, hitch right, step right back

7-8 Bend/sit down, stand up

TAG 1

Repeat the first 12 counts of Part C

TOUCH RIGHT TOE-TOUCH RIGHT HEEL (DWIGHT STYLE), STOMP, 2 COUNT BODY ROLL

1-12 First 12 counts of Part C

13&14-15-16 Touch right toe next to left (right toe pointing left), touch right heel slightly out to right side
(right toe point right), stomp right next to left, upward body roll over 2 counts

You will be facing the front wall

TAG 2

This is the first 12 counts of Part A, starting Part C after the left kick & touch. You will be facing the front wall

ENDING

Stomp right, posing, after 4 'Swayze Steps' (facing the front wall)
