

# All This Time

**COPPER KNOB**  
STEPPED

拍數: 32                      牆數: 4                      級數: Intermediate  
編舞者: Lu Olsen (AUS)  
音樂: All This Time - Michelle McManus



Count the very first 4 beats of the music for a lead in (1&2&3&4&), then start the dance on the word "there" in the phrase "this time you're still there".

## WALL 1 ONLY

1&2&                      Right forward, ½ right pivot on ball of right foot while swinging & straighten left leg back, left beside right, right beside left  
3&4                      Left forward, ¾ left pivot on ball of left foot while swinging & straighten right leg back, right beside left  
&                      Left beside right (now facing 9:00)  
Leave out counts 5-8&. Continue dance from count 9-32& (9:00)

## ALL OTHER WALLS

**RIGHT FORWARD, ½ TURN AND LIFT/SWING LEG (LIKE A PENDULUM), SIDE, TOGETHER, (REPEAT WITH LEFT), LUNGE RIGHT OVER LEFT, REPLACE, ¼ RIGHT, ¼ RIGHT, BACK, ½ LEFT, FORWARD, ¼ LEFT**

1&                      Right forward, ½ right pivot on ball of right while swinging & straighten left leg back  
2&                      Left beside right, right beside left. 6:00  
3&                      Left forward, ½ left pivot on ball of left while swinging & straighten right leg back  
4&                      Right beside left, left beside right 12:00  
5&                      Lunge right over left (bend left knee and slightly lift left off floor), replace weight on left  
6&7&                      ¼ Right turn and right forward, ¼ right turn left to left, right back, ½ left turn left forward  
8&                      Right forward, ¼ left turn left slightly forward. 9:00

**FORWARD, BACK, BACK CROSS, OVER, BACK DIAGONAL, BACK, RIGHT BESIDE, FORWARD AND SWEEP, FORWARD AND SWEEP, FORWARD COASTER, BACK**

1-2                      Rock right forward, left back  
&3&4&                      Right back at right diagonal, cross left over right, right back at right diagonal, left back at left diagonal, right beside left  
5-6                      Left forward and sweep right forward in front left, right forward and sweep left forward in front right  
7&8&                      Left forward, right beside left, left back, right back 9:00

**BACK, FORWARD, ½ TURN STEP BACK, BACK, FORWARD, ½ TURN STEP BACK, TOE BACK, ½ TURN HOOK, FORWARD, TOGETHER, FORWARD COASTER, RIGHT BESIDE LEFT**

1-2                      Rock left back while raising right toe, right forward  
&3-4                      ½ right turn & step back on left, rock right back while raising left toe, left forward & ½ left turn and step right back  
5&6&                      Touch left toe back, ½ left pivot on right foot and hook left over right, left forward, right beside left  
7&8&                      (Forward left coaster) left forward, right beside left, left back, right beside left, 3:00

**SWAY LEFT, RIGHT AND HITCH LEFT, ¼ TURN SHUFFLE, ¾ SPIN, RIGHT TO RIGHT SWAY RIGHT, LEFT AND HITCH RIGHT, SIDE SHUFFLE, ½ HINGE AND STEP LEFT TO LEFT**

1-2                      Sway hips left, sway hips right and hitch left  
3&4&                      Left to left, right beside left, ¼ left turn and step left forward, ¾ left spin on ball of left foot  
5-6                      Step right to right and sway hips right, sway hips left with hitch right  
7&8&                      Right to right, left beside right, right to right, ½ right hinge on right foot and step left to left 9:00

**REPEAT**

**ENDING**

**On wall 8, dance to count 18 and add:**

**&19-20**          Left beside right, right forward, left beside right

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