

All This Time

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 4 級數: Intermediate/Advanced
編舞者: John Pickering (UK)
音樂: All This Time - Michelle McManus



WEAVE RIGHT, POINT

1&2& Cross step left over right, step right to side, cross left behind right, step right to side
3-4 Cross step left over right, point right toe to side

½ UNWIND, ROCK, RECOVER LEFT CHASSE

5&6& Cross right over left, unwind ½ turn left, cross rock left behind right, rock forward onto right
7&8 Step left to side, close right beside left, step left to side

SYNCOPATED SAILOR STEPS

1-2& Cross right behind left, step left to left side, step right in place
3-4& Cross left behind right, step right to right side, step left in place

CROSS ROCK, RIGHT CHASSE ½ PIVOT TURN

5&6& Cross rock right over left, recover, step right to side, step left beside right
7&8 ¼ turn to right on right, step forward on left pivot ½ turn to right

HEEL AND TOE SWITCHES CROSS, BACK, WALK

1&2& Touch left heel forward, step left in place, touch right toe back, step right in place
3&4 Point left toe to side, step left in place, point right toe to side
5&6& Cross right over left, step back on left, touch right heel forward, bring right into place
7-8 Step forward on left, step forward on right

LEFT & RIGHT HIP ROCKS

1&2 Step diagonally forward onto left rocking hips forward, rock hips back, rock hips forward
3&4 Step diagonally forward onto right rocking hips forward, rock hips back, rock hips forward

LEFT MAMBO, TOUCH, ½ UNWIND

5&6 Rock left forward, rock back onto right, step left beside right
7-8 Touch right toe back, unwind ½ turn right with weight

REPEAT

ENDING

On sequence 8 (3:00), dance counts 1-16 (to pivot turn, facing 6:00), then turn ½ turn right stepping back onto left and extend both arms to side and pose