

About Time

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Claire Pulpher (UK)
音樂: Power of a Woman - Eternal



COASTER STEP, PRESS, TWIST HEELS TWICE

1&2& Step right foot back, bring left next to right, step right foot forward, press left foot forward
3&4 Twist both heels left, right, left
5&6& Step left foot back, bring right next to left, step left foot forward, press right foot forward
7&8 Twist both heels to the right, left, right

WALK, COASTER STEP BACK, ½ TURN TO RIGHT, STEP, CLICK, LEFT CHASSE WITH TAP

1-2 Walk back, right, left
3&4 Step right foot back, bring left foot next to right, step right foot forward
&5 Step left foot forward on &, pivot a half turn over the right shoulder
6 Step left foot forward

Optional: click fingers to the left and look to the left

7&8 Step right foot to the right side, bring left next to right, tap right foot to right side

SYNCOPATED JAZZ BOX, HOLD, SYNCOPATED JAZZ BOX, HOLD

1 Cross right foot over left
2&3 Step left foot back, step right foot to right side on &, tap left foot next to right
&4 Hold

Optional: lift shoulders up on & and down on 4

5 Cross left foot over right
6&7 Step right foot back, step left foot to left side, tap right foot next to left
&8 Hold

Optional: lift shoulders on & and down on 8

ROCK, RECOVER, 1 ¼ TURN TO RIGHT TRIPLE STEP, ROCK, RECOVER, COASTER STEP

1-2 Rock right foot forward, recover weight back onto left foot
3&4 Step right foot a half turn to the right, step left foot a half turn over right shoulder, step right foot a quarter turn to the right

The turn is done on the spot

Optional: if preferred, you can dance a quarter turn triple step to the right.

5-6 Rock left foot forward; recover weight back onto the right foot
7&8 Step left foot back; bring right foot next to left, step left foot forward

TOE SWITCHES, SIDE MAMBO, LEFT LOCK STEPS BACK, SIDE MAMBO

1&2& Point right foot to right side, switch and point the left foot to the left side
3&4 Rock right foot to right side; recover weight back onto the left, step right foot next to left
5&6& Step left foot back, cross right foot over left, step left foot back, cross right foot over left
7&8 Rock left foot to left side; recover weight onto right foot, bring left foot next to right

WALK, MAMBO FORWARD, JUMP BACK, HIPS

1-2 Walk forward, right, left
3&4 Rock right foot forward, recover weight back onto left, tap right foot next to left
&5 Jump back, right foot steps back, left foot steps back
6 Bump hips to the right
7&8 Bump hips left, right, left

REPEAT

