

# High Time

**COPPER KNOB**  
BY STEPHEN METZ

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - November 2007  
音樂: High Time for Gettin' down - Travis Tritt : (Album: The Storm)



**Starts on vocal [32 counts]**

**Step, Hook, Back, Heel, Heel Touches Right, Left, Right, Flick Behind.**

- 1-2 Step forward on Right, hook Left behind Right slapping Left heel.
- 3-4 Step back on Left, touch Right heel forward.
- 5-6 Touch Right heel diagonally forward Right, touch Right heel across Left.
- 7-8 Touch Right heel forward diagonally Right, flick Right behind Left slapping Right heel.

**Side, Behind, ¼, ¼ Scuff, Side Shuffle, Rock Step.**

- 1-2 Step Right to Right side, step Left behind Right.
- 3-4 Make ¼ turn to Right stepping forward on Right, scuff Left past Right making ¼ turn Right.
- 5&6 Step Left to Left side, step Right next to Left, step Left to Left side.
- 7-8 Cross rock Right behind Left, recover on Left.

**Toe, Heel, Toe, Heel (Dwight's), Rock Step, Behind, ¼.**

- 1-2 Touch Right toe to Left heel (L-Heel pointing inward), swiveling to Right on Left touch Right heel next to Left toe (L-Toe pointing inwards).
- 3-4 Swiveling to Right on Left touch Right toe to Left heel (L-Heel pointing inward), swiveling to Right on Left touch Right heel to Left toe (L-Toe pointing inward)
- 5-6 Rock to Right on Right, recover on Left.
- 7-8 Cross step Right behind Left, make ¼ turn to Left stepping forward on Left.

**Step, ½ Pivot, Step, Hold, Rocking Chair.**

- 1-2 Step forward on Right, pivot ½ turn to Left.
- 3-4 Step forward on Right, Hold.
- 5-6 Rock forward on Left, recover on Right.
- 7-8 Rock back on Left, recover on Right.

**Side, Behind, Side, Touch, Monterey ½ Turn.**

- 1-2 Step Left to Left side, cross step Right behind Left.
- 3-4 Step Left to Left side, touch Right next to Left.
- 5-6 Point Right to Right side, make ½ turn to Right stepping Right next to Left.
- 7-8 Point Left to Left side, step Left next to Right.

**Kick & Step, Walk, Walk, Kick & Step, Walk, Walk.**

- 1&2 Kick Right forward as you rise up on Left, step Right next to Left, step forward on Left with a little dip.
- 3-4 Walk forward Right-Left (still slightly dipped with a swivel as you walk)
- 5&6 Kick Right forward as you rise up on Left, step Right next to Left, step forward on Left with a little dip.
- 7-8 Walk forward Right-Left (still slightly dipped with a swivel as you walk)

**Begin again.**

**Tag: Danced once at end of Wall 2 (6.00)**

**Step, ½ Pivot, Step, Hold, Step, ½ Pivot, Step, Hold.**

- 1-2 Step forward on Right, pivot ½ turn to Left.
- 3-4 Step forward on Right, Hold. (Clap if you want)

- 5-6 Step forward on Left, pivot ½ turn to Right.  
7-8 Step forward on Left, Hold. (Clap if you want)

**Heel, Hook, Heel, Flick, Heel, Hook, Stomp, Stomp.**

- 1-2 Touch Right heel forward, hook Right across Left.  
3-4 Touch Right heel forward, flick Right back & to Right side.  
5-6 Touch Right heel forward, hook Right across Left.  
7-8 Stomp Right next to Left, stomp Left next to Right.
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