

# Time Is A Healer

**COPPER** KNOB  
STEPSHEETS

Count: 48

Wall: 2

Level: Intermediate waltz

Choreographer: Noel Roos (SA) - May 2016

Music: Time Is a Healer - Eva Cassidy



## #30 Count Intro - No Tags And No Restarts

### SECTION 1: HALF WALTZ DIAMOND

- 1-2-3 Step Forward On L Diagonally (1:30), Step Right To Side Making  $\frac{1}{4}$  Turn Left (10:30), Step Back On L Diagonally
- 4-5-6 Step Back On R Diagonally, Step L To Side Making  $\frac{1}{4}$  Turn Left (7:30), Step Forward On R diagonally

### SECTION 2: BOX STEP, $\frac{1}{2}$ TURN ON HEELS

- 1-2-3 Step L Forward, Step R To Side, Step L Beside R
- 4-5-6 Step Right Back, Step R Beside L, Make A  $\frac{1}{2}$  Turn Left On The Heels (12:00)

### SECTION 3: SWAY/POSE, 1 $\frac{1}{4}$ ROLLING VINE

- 1-2-3 Step R To Side And Hold As You Pose
- 4-5-6 Step L To Side  $\frac{1}{4}$  Turn Left, Step R Back With A  $\frac{1}{2}$  Turn Left, Step L To Forward With A  $\frac{1}{2}$  Turn (3:00)

### SECTION 4: STEP, $\frac{1}{4}$ TURN RIGHT, STEP $\frac{1}{2}$ TURN, LOCK STEP BACK

- 1-3 Step Forward R, Step Forward L Making A  $\frac{1}{4}$  Right, Step R In Place
- 4-5&6 Step L Diagonally Forward (1:30), Make A  $\frac{1}{4}$  Turn Left Step R Back, Lock Step L And R Back

### SECTION 5: $\frac{1}{2}$ TURN LEFT, PIVOT $\frac{1}{2}$ TURN, $\frac{1}{2}$ TURN RIGHT, LOCK STEP BACK

- 1-3  $\frac{1}{2}$  Turn Left Stepping Forward On L, Step Forward R Pivot  $\frac{1}{2}$  Turn Left, Step L In Place
- 4-5&6 Step Forward R Making  $\frac{1}{2}$  Turn Right, Step Back On L, Lock Step R And L Back

### SECTION 6: $\frac{1}{2}$ TURN, FULL TURN RONDE, STEP FORWARD DEVLOPE

- 1  $\frac{1}{2}$  Right Stepping Forward On R (7:30)
- 2-3 Sweeping L From Behind Make A Full Turn Ronde Right
- 4-5 Step Forward On L And Develop R Leg

### SECTION 7: STEP BACK, CHASSE $\frac{1}{4}$ LEFT, CROSS UNWIND FULL TURN

- 1-2&3 Step Back On R, Chasse Left Stepping Lrl Making A  $\frac{1}{4}$  Turn
- 4-6 Cross R Over Left And A Slow Unwind Full Turn (9:00)

### SECTION 8: BALANCE STEP FORWARD, 1 $\frac{1}{4}$ ROLLING VINE

- 1-3 Step Forward On L, Rock Forward On R, Recover
- 5-6  $\frac{1}{4}$  Turn Right Stepping R To Side, Full Turn Right Stepping L Back, Step R To Side (6:00)

Breathe And Start Again