

# Three More Days (Till Friday)

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Jane Middleton (UK) - May 2015  
音乐: Fourfiveseconds (Extended Workout Mix) - The Workout Crew : (iTunes)



The dance was written as an improver floor split for Kate Sala's Intermediate Dance - Four five Seconds

Start after a 64 count intro. 33 seconds.

## S1: R Jazz Box, Step ½ Pivot, Fwd Shuffle.

1 - 4      Cross step R over L. Step Back on L. Step R to R side. Step FWD on L.  
5 - 6      Step R foot Fwd. Turn ½ Pivot L onto L foot..  
7 & 8      Step Fwd on R. Step L beside R, Step Fwd on R (6:00)

## S2: Syncopated Rocks, Syncopated Monterey ¼ turn Right.

1 - 2 &      Rock fwd on L. Recover onto R. Step L next to R (&)  
3 - 4      Rock Back on R. Recover onto L.  
5 - 6 &      Point R toe out to right side. HOLD. Make ¼ turn R stepping R beside L.  
7 - 8      Point L out to L side. Step Left in Beside R (but angle toe/body to the left diagonal). (9:00) \*  
(On count 8 here you're facing the 9:00 wall but angling your L foot/body slightly preps the 1st Cross rock in section 3 and the jazz box in the Restart).  
\*(Restart here on walls 2 (facing 12:00) & 10 (facing 6:00))

## S3: Cross Rock, Right Chasse, Cross Rock, Sailor ¼ L.

1 2      Cross Rock step R over L.  
3 & 4      Step R to R side. Close L beside R. Step R to R side.  
5 - 6      Cross Rock step L over R. Recover onto R.  
7 & 8      Sweep L behind R turning ¼ L . Step R to R side. Close L beside R. (6:00).

## S4: Step Hold ball step scuff, Step Hold ball step ¼ pivot with Flick.

1 - 2      Step R Fwd. HOLD.  
& 3 - 4      Sep fwd on ball of L foot. Step Fwd R. Scuff L Fwd.  
5 - 6      Step L Fwd. HOLD .  
& 7 - 8      Step Fwd on Ball of R foot (&). Step fwd on L (7). Sharp ¼ pivot L on ball of L foot whilst flicking R foot out diagonally backwards (8) (3:00) \*\*

( Easy option for the last two steps: as you step fwd on L (7) prep by turning it left as you step down, ready for the flick on the right (8)).

**\*\*FINISH:** Complete the dance facing the back (6:00 wall) Do a Cross R over L – and pose – ta dah!

**\*Restarts:** Restart the dance after 16 counts during wall 2 (you will be facing the front) and wall 10 (you will be facing the back).

Contact: [jane@jetsets.fsnet.co.uk](mailto:jane@jetsets.fsnet.co.uk)