

Frozen In Time

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate / Advanced
编舞者: Klara Wallman (SWE) - June 2018
音乐: You Said You'd Grow Old With Me - Michael Schulte : (3:45)



Start on vocals, 16 counts intro.

Turn ¼, Back, Touch, Turn ½, Back, Back, Lunge, Turn ¼, Step turn ½, Turn ½, Turn ½.

- 1-2& Turn ¼ R Step R forward, as you bring your R palm in front of your face (as if you are turning your body and head with your hand) (1), Step L back (2), Touch R toe back (&). (3.00).
- 3-4& Turn ½ R w. the weight still on L, as you raise both hands towards the sky (3), Step R back (4), Step L back (&). (9.00).
- 5-6 Step R to R as you lunge onto R (5), Recover onto L as you turn a ¼ L. (6.00).
- &7 Step R forward (&), Pivot ½ L, slightly bend you L knee, reach you R arm forward and close your fist as if you are grabbing for something. (7). (12.00).
- 8& Turn ½ R step R forward (8), Turn ½ R step L back (&). (12.00).

Turn ¼ into Basic NC, Spiral turn 5/8, Rock w. sweep, Sweep, Behind, Turn 1/8, Turn ½, Turn ½.

- 1-2& Turn ¼ R by taking a big step with R to R side (1), Step L next to R (2), Cross R over L (&). (3.00).
- 3-4 Step L to L side as you make 5/8 spiral turn over R shoulder (3), Step R forward (4). (10.30).
- &5-6 Rock L forward onto the diagonal (&), Recover onto R as you sweep L from front to back (5), Step down on L as you sweep R from front to back (6).
- 7&8& Step R behind L (7), Turn 1/8 L step L forward (&), Turn ½ L step R back (8) Turn ½ step L forward (&). (9.00).

Turn 1/8, Back, Back, Sway, Turn ¾, Forward, Turn ¼, Turn ¼, Turn ½ w. sweep, Behind, Side.

- 1-2& Turn 1/8 L step R to side (1), Step L back (2), Step R back (&). (7.30).
- 3-4-5 Turn 1/8 L step L to L side as you sway to L (3), (6.00). Turn ¾ R on R as you hitch L knee up (4), Step L forward (5). (3.00).
- 6&7 Turn ¼ L step R back, (6), Turn ¼ L step L forward (&), Turn ½ L step R back as you sweep L from front to back (7). (3.00).
- 8& Step L behind R (8), Step R to R side (&).

Rockstep, Back, Touch, Fullturn, Forward, Rockstep w. ¼ turn, Cross, Side, Behind.

- 1-2& Rock L over R (1), Recover onto R (2), Step L back slightly on the diagonal (&).
- 3-4-5 Touch R toe back and reach your R hand forward (palm facing up) (3), Make a full turn R w. the weight still on L as you place you R hand on your heart (4), Step R forward (and drop your hand) (5). (3.00).
- 6-7 Turn ¼ R as you rock L to L side (6), Recover onto R (7). (6.00).
- &8& Cross L over R (&), Step R to R side (8), Step L behind R (&).

Start again!

Tag 1 (10 counts): Happens after wall 2 (facing 12.00).

Turn ¼, Back, NC basic x2, Side, Behind, ¼, Step turn ½, Forward.

- 1-2 The first two steps of the tag are the two first steps of the original dance (Turn ¼ R Step R forward, as you bring your R palm in front of your face (as if you are turning your body and head with your hand) (1), Step L back (2). (3.00).
- 3-4& Take a big step w. R to R side (3), Step L next to R (4), Cross R over L (&).
- 5-6& Take a big step w. L to L side (5), Step R next to L (6), Cross L over R (&).
- 7&8 Step R to R side (7), Step L behind R (&), Turn ¼ R step R forward (8). (6.00).
- &9-10 Step L forward (&), Pivot ½ R (9), Step L (10) (12.00).

Tag 2 (18 counts): Happens after wall 4 (facing 12.00)

1-10 The first 10 counts are the same as in Tag 1

Step, NC basic x2, Side, Behind, Turn $\frac{1}{4}$, Step turn $\frac{3}{4}$, Touch.

&11-12& Step R forward (&), Take a big step w. L to L side (11), Step R next to L (12), Cross L over R (&).

13-14& Take a big step w. R to R side (13), Step L next to R (14), Cross R over L (&).

15&16 Step L to L side (15), Step R behind L (&), Turn $\frac{1}{4}$ L step L forward (16). (9.00).

&17-18 Step R forward (&), Pivot $\frac{3}{4}$ L (17), Touch R next to L (18). (12.00).

Enjoy!

This dance is dedicated to my friend Monica Nilsson <3
