

Killing My Time

COPPERKNOB
STEPSHETS

拍数: 64 墙数: 2 级数: Low Advanced / samba / funky
编舞者: Emma Ruhnau (DE) & Kirsten Matthiessen (DK) - March 2024
音乐: Killing My Time - G Flip



Intro: 16 counts (app. 9 seconds into track) – start after “clap”/just before lyrics.

Phrasing: AAABAABBABB

Part A

[1-8] Rock fw, Back lock step, ¼ L point, Step, ¼ R, Behind ¼ L

1-2 Rock R fw (1), recover onto L (2) 12:00
3&4 Step R back (3), lock L over R (&), step R back (4) 12:00
&5 Turn ¼ L stepping L to L side (&), point R to R side (5) 09:00
6-7 Turn ¼ R stepping onto R (6), turn ¼ R stepping L to L side (7) 03:00
8& Cross R behind L (8), turn ¼ L stepping L fw (&) 12:00

[9-16] Step ½ L, Shuffle R fw, Rock fw, Side Rock, Behind ¼ R, ¼ R

1-2 Step R fw (1), turn ½ L transferring weight onto L (2) 06:00
3&4 Step R fw (3), step L next to R (&), step R fw (4) 06:00
5&6& Rock L fw (5), recover onto R (&), rock L to L side (6), recover onto R (&) 06:00
7&8 Cross L behind R (7), turn ¼ R stepping R fw (&), turn ¼ R stepping L to L side 12:00

[17-24] Behind side rock x2, Behind ¼ L, Hip bump ½ L

1-&2 Cross R behind L (1), rock L to L side (&), recover onto R (2) 12:00
3-&4 Cross L behind R (3), rock R to R side (&), recover onto L (4) 12:00
5-6 Cross R behind L (5), turn ¼ L stepping L fw (6) 09:00
7&8 Bump R hip up turning ¼ L (7), bump hip down (&), turn ¼ L stepping back on R sitting down into R hip (8) (C bump with a ½ L) 03:00

[25-32] Ball step fw, Ball cross samba ¼ R, Batucadas

&1-2 Step L next to R (&), step R fw big step (1), drag L next to R (2)

Styling: add a body roll up on count 1-2 03:00

&3&4 Step L next R (&), turn ⅛ R crossing R over L (3), turn ⅛ R rocking L to L side (&), recover onto R (4) 06:00
5&6&7&8 Touch/press L fw rolling hips CCW (5), step L back (&), touch/press R fw rolling hips CW (6), step R back (&), touch/press L fw rolling hips CCW (7), step L back (&), touch R fw (8) (you will be moving backwards during these 4 counts) 06:00

Part B

[1-8] Step turn ½ L, Ball step, Step, Mambo ¼ L, Cross ¼ R ¼ R

1-2 Step R fw (1), turn ½ L transferring weight onto L (2) 06:00
&3-4 Step R next to L (&), step L fw big step (3), step R fw (4)
Styling: add a body roll up on count 3-4 06:00
5&6 Rock L fw (5), recover onto R (&), turn ¼ L stepping L to L side (6) 03:00
7&8 Cross R over L (7), turn ¼ R stepping L back (&), turn ¼ R stepping R to R side (8) 09:00

[9-16] Cross rock sweep, Sailor ½ L, Step swivels, Chasse R

1-2 Cross rock L over R (1), recover onto R sweeping L CCW (2) 09:00
3&4 Turn ¼ L crossing L behind R (3), turn ¼ L stepping R in place (&), cross L slightly over R (4) 03:00
5&6& Step R to R side (5), swivel L heel in (&), return L heel stepping onto L (6), swivel R heel in (&) 03:00
7&8 Return R heel stepping onto R (7), step L next to R (&), step R to R side (8) 03:00

[18-24] Paddle turn w/ hip roll x2, cross samba diamond

- 1-2-3-4 Step L fw (1), turn $\frac{1}{4}$ R transferring weight onto R and rolling hips CW (2), step L fw (3), turn $\frac{1}{4}$ R transferring weight onto R and rolling hips CW (4) 06:00
- 5&6& Cross L over R (5), step R to R side (&), turn $\frac{1}{8}$ L stepping L diagonally back (6), hitch R knee (&) 07:30
- 7&8 Step R diagonally back (7), turn $\frac{1}{8}$ L stepping L to L side (&), cross R over L (8) 06:00

[25-32] Side rock L, Ball side mambo R, Batucadas

- 1-2& Rock L to L side (1), recover onto R (2), step L next to R (&)
- Styling: push L arm across body towards R on 1-2 06:00**
- 3&4 Rock R to R side (3), recover onto L (&), step R next to L (4) 06:00
- 5&6&7&8 Touch/press L fw rolling hips CCW (5), step L back (&), touch/press R fw rolling hips CW (6), step R back (6), touch/press L fw rolling hips CCW (7), step L back (&), touch R fw (8) (you will be moving backwards during these 4 counts) 06:00

Hope you enjoy ☺

Last Update: 10 May 2025
