

# About Time

拍数: 24      墙数: 2      级数: Intermediate  
编舞者: DJ Line Dance (USA) - February 2025  
音乐: About Damn Time - Lizzo  
或: Taste - Sabrina Carpenter



## Part 1

1234      Fist point index fingers on both hands slowly lifting arms to the sky with feet planted swaying left and right steps  
5      Left 90 degree left hand on belt buckle right hand lasso  
6      Left 90 degree left hand on belt buckle right hand lasso  
7&      L heel R hand wipe forward, L back toe  
8      R forward R hand wipe back

## Part 2

1      L forward  
2      R forward  
3      L forward  
4      Right 90 degrees pivot on L  
5      Leaning R hip shake  
6      Leaning R hip shake  
7      Leaning L hip shake  
8      Leaning L hip shake

## Part 3

1&      R heel, R home  
2&      L heel, L home  
3      R heel  
4      Left 90 degrees pivot on R  
5      L stomp  
6      R stomp  
7 8      Both hands clap lower half circle from left to right

## Part 4 (Optional for four (4) part verses or choruses)

1&      R heel, R home  
2&      L heel, L home  
3      R heel  
4      Left 90 degrees pivot on R  
5      L stomp  
6      R stomp  
7 8      Both hands clap lower half circle from left to right

Last Update - 23 Mar 2025