

# From Time To Time

**COPPER** KNOB  
STEP SHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: BJ The DJ (UK)  
音乐: From Time to Time - Rascal Flatts



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## SYNCOPATED ROCKS TO RIGHT AND LEFT

1-2&3-4      Rock right to right side, recover on left, close right to left, rock left to left side, recover on right  
5-6&7-8      Rock left to left side, recover on right, close left to right, rock right to right side, recover on left

## RIGHT AND LEFT SAILOR SHUFFLES, HEEL TOUCHES WITH ¼ TURN RIGHT, COASTER STEP

1&2-3&4      Cross right behind left, rock left to left side, recover on right, cross left behind right, rock right to right side, recover on left  
5-6      Touch right heel forward, turn ¼ turn right and touch right heel forward  
7&8      Step right back, close left to right, step right forward

## LEFT SHUFFLE FORWARD, PIVOT ½ TURN WITH HOOK, SHUFFLE FORWARD, ROLLING FULL TURN, SHUFFLE ½ TURN

1&2-3-4      Shuffle forward left right left, step right forward, ½ pivot turn over left shoulder bring left foot across right shin  
5&6-7-8      Shuffle forward left right left, turn ½ turn over left shoulder on ball of left foot stepping right back, turn ½ turn over left shoulder on ball of right stepping left forward

## SHUFFLE ½ TURN LEFT, ROCKS AND COASTER STEP

1&2-3-4      Shuffle right left right turning ½ turn over left shoulder, rock left back, recover on right  
5-6-7&8      Rock left forward, recover on right, step left back, close right to left step left forward

## REPEAT

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