

All This Time

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Lu Olsen (AUS)
音乐: All This Time - Michelle McManus



Count the very first 4 beats of the music for a lead in (1&2&3&4&), then start the dance on the word "there" in the phrase "this time you're still there".

WALL 1 ONLY

1&2& Right forward, ½ right pivot on ball of right foot while swinging & straighten left leg back, left beside right, right beside left
3&4 Left forward, ¾ left pivot on ball of left foot while swinging & straighten right leg back, right beside left
& Left beside right (now facing 9:00)
Leave out counts 5-8&. Continue dance from count 9-32& (9:00)

ALL OTHER WALLS

RIGHT FORWARD, ½ TURN AND LIFT/SWING LEG (LIKE A PENDULUM), SIDE, TOGETHER, (REPEAT WITH LEFT), LUNGE RIGHT OVER LEFT, REPLACE, ¼ RIGHT, ¼ RIGHT, BACK, ½ LEFT, FORWARD, ¼ LEFT

1& Right forward, ½ right pivot on ball of right while swinging & straighten left leg back
2& Left beside right, right beside left. 6:00
3& Left forward, ½ left pivot on ball of left while swinging & straighten right leg back
4& Right beside left, left beside right 12:00
5& Lunge right over left (bend left knee and slightly lift left off floor), replace weight on left
6&7& ¼ Right turn and right forward, ¼ right turn left to left, right back, ½ left turn left forward
8& Right forward, ¼ left turn left slightly forward. 9:00

FORWARD, BACK, BACK CROSS, OVER, BACK DIAGONAL, BACK, RIGHT BESIDE, FORWARD AND SWEEP, FORWARD AND SWEEP, FORWARD COASTER, BACK

1-2 Rock right forward, left back
&3&4& Right back at right diagonal, cross left over right, right back at right diagonal, left back at left diagonal, right beside left
5-6 Left forward and sweep right forward in front left, right forward and sweep left forward in front right
7&8& Left forward, right beside left, left back, right back 9:00

BACK, FORWARD, ½ TURN STEP BACK, BACK, FORWARD, ½ TURN STEP BACK, TOE BACK, ½ TURN HOOK, FORWARD, TOGETHER, FORWARD COASTER, RIGHT BESIDE LEFT

1-2 Rock left back while raising right toe, right forward
&3-4 ½ right turn & step back on left, rock right back while raising left toe, left forward & ½ left turn and step right back
5&6& Touch left toe back, ½ left pivot on right foot and hook left over right, left forward, right beside left
7&8& (Forward left coaster) left forward, right beside left, left back, right beside left, 3:00

SWAY LEFT, RIGHT AND HITCH LEFT, ¼ TURN SHUFFLE, ¾ SPIN, RIGHT TO RIGHT SWAY RIGHT, LEFT AND HITCH RIGHT, SIDE SHUFFLE, ½ HINGE AND STEP LEFT TO LEFT

1-2 Sway hips left, sway hips right and hitch left
3&4& Left to left, right beside left, ¼ left turn and step left forward, ¾ left spin on ball of left foot
5-6 Step right to right and sway hips right, sway hips left with hitch right
7&8& Right to right, left beside right, right to right, ½ right hinge on right foot and step left to left 9:00

REPEAT

ENDING

On wall 8, dance to count 18 and add:

&19-20 Left beside right, right forward, left beside right
