

About Time (P)

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 0 级数: Partner
编舞者: Jacquie Winchester (UK) & Stacey Davies (UK)
音乐: Sweet Maria - The Cheap Seats



MAN:

Start facing OLOD in open double hand hold

- 1-4 Rock forward on left, rock back on right, step left on left, hold
5-8 Rock back on right, rock forward on left, (release right hand) turning $\frac{1}{4}$ to right step forward on right, hold (release left hand)
- 9-12 Step forward on left, pivot $\frac{1}{2}$ to right, (rejoin inside hands) step left on left, hold
13-16 Rock back on right, rock forward on left, (release hands) step right on right (end behind lady in tandem position holding both hands over lady shoulder), hold
- 17-20 Sway hips left, sway hips right, (release both hands) step left on left (rejoin inside hands), hold
- 21-24 Rock back on right, step forward on left, step forward on right, lock left behind right
- 25-28 Step forward on right, step forward on left, lock right behind left, step forward on left
29-32 Rock forward on right, rock back on left, step back on right, hold
- 33-36 Rock back on left, rock forward on right, step forward on left, hold
37-40 Step forward on right, (release hands) pivot $\frac{1}{2}$ turn left, turning $\frac{1}{4}$ to left (end facing partner) step right on right, hold (pick up lady left hand in man right hand)
- 41-44 Rock back on left, rock forward on right, (rejoin both hands in starting position) step left on left, hold
45-48 Step right on right, hold, step left on left, step right beside left

REPEAT

LADY:

Start facing ILOD in open double hand hold

- 1-4 Rock back on right, rock forward on left, step right on right, hold
5-8 Rock forward on left, rock back on right, (release left hand) turning $\frac{1}{4}$ to left step forward on left, hold (release right hand)
- 9-12 Step forward on right, pivot $\frac{1}{2}$ to left, (rejoin inside hands) step right on right, hold
13-16 Rock back on left, rock forward on right, (release hands) step left on left (end in front of man in tandem position holding both hands over lady shoulder), hold
- 17-20 Sway hips right, sway hips left, (release both hands) step right on right (rejoin inside hands), hold
- 21-24 Rock back on left, step forward on right, step forward on left, lock right behind left
- 25-28 Step forward on left, step forward on right, lock left behind right, step forward on right
29-32 Rock forward on left, rock back on right, step back on left, hold
- 33-36 Rock back on right, rock forward on left, step forward on right, hold

- 37-40 Step forward on left, (release hands) pivot $\frac{1}{2}$ turn right, turning $\frac{1}{4}$ to right (end facing partner), step left on left, hold (rejoin left hand in man right hand)
- 41-44 Rock back on right, rock forward on left, (rejoin both hands in starting position) step right on right, hold
- 45-48 Step left on left, hold, step right on right, step left beside right

REPEAT
