

Ain't Got Time (For Nothing Else)

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 4 級數:
編舞者: Peter Metelnick (UK)
音樂: Signed, Sealed, Delivered (I'm Yours) - Samantha Mumba



RIGHT KICK BALL CROSS, RIGHT STEP TOUCH CLAP, LEFT KICK BALL CROSS, LEFT STEP TOUCH CLAP

- 1&2 Kick right foot forward on right diagonal, step right foot back, cross step left foot over right
3 Step right foot to right side turning body slightly left
4 Touch left foot together & clap
5&6 Kick left foot forward on left diagonal, step left foot back, cross step right foot over left
7 Step left foot to left side turning body slightly right
8 Touch right foot together & clap

¼ TURN RIGHT, RIGHT BACK COASTER STEP, WALK FORWARD 2, LEFT TOUCH FORWARD & BACK

- 1-2 Turning ¼ right step right foot forward, while pivoting ½ right on right foot step left foot back
3&4 Step right foot back, step left foot together, step right foot forward
5-6 Step left foot forward, step right foot forward
7-8 Touch left toes forward, touch left toes back

Option:

- 7& Rock left foot forward, recover weight on right foot
8& Rock left foot back, recover weight on right foot

LEFT FORWARD, ¼ RIGHT PIVOT TURN (TWICE), LEFT KICK STEP TOUCH, RIGHT HEEL PRESSES WITH CLICKS

- 1-2 Step left foot forward, pivot ¼ right
3-4 Step left foot forward, pivot ¼ right (weight ends on right foot)

Option: On counts 1-4 swing both arms right, left, right, left as you pivot

- 5&6 Kick left foot forward, step left foot together, touch right toes to right side
7-8 Press right heel down twice while clicking fingers on both hands twice (or clap twice)

Weight remains on left foot. It may help if you lean back to your left as you do the heel presses

RIGHT FOOT BACK, LEFT CROSS STEP, RIGHT TO RIGHT SIDE, LEFT HEEL PRESSES WITH CLICKS, LEFT FOOT BACK, RIGHT CROSS & UNWIND ½ RIGHT, LEFT BACK COASTER STEP TURNING SLIGHTLY ON RIGHT DIAGONAL

- &1-2 Step right foot back, cross step left foot over right, step right foot to right side
3-4 Raise left heel & press it down twice while clicking fingers on both hands twice (or clap twice)

Weight remains on right foot. It may help if you lean back to your right as you do the heel presses

- &5-6 Step left foot back, cross step right foot over left, unwind ½ right with weight ending on right foot
7&8 Step left foot back, step right foot together, step left foot forward on a slight diagonal

REPEAT