STEPPIN'OFF



THEPage



Approved by:



About Time

4 WALL – 15 COUNTS – IMPROVER			
STEPS	Actual Footwork	Calling Suggestion	DIRECTION
Section 1	Basic Nightclub Right, Left Scissor Step		
1	Step right to right side.	Side	Right
2 &	Rock back on left. Recover onto right crossing right over left.	Back Rock	On the spot
3 & 4	Step left to left side. Close right beside left. Cross left over right.	Scissor Step	
Section 2	1/2 Turn Left, Cross Rock 1/4 Turn Right, Triple Full Turn		
&	Turn 1/4 left stepping right back.	Quarter	Turning left
5	Turn 1/4 left stepping left to left side and sweeping right from back to front.	Quarter	
6 & 7	Cross rock right over left. Recover onto left. Turn 1/4 right stepping right forward.	Cross Rock Quarter	Turning right
&8&	Turn 1/2 right stepping left back. Turn 1/2 right stepping right forward. Step left forward.	Triple Full Turn	
Option	Counts & 8 &: Replace turn with 3 small runs forward - left, right, left.		
Section 3	Forward Rock, Run Back x 2, Sweep, Behind, Side		
1 – 2 &	Rock forward on right. Recover weight and run back on left. Run back on right.	Rock Back Back	Back
3	Run back on left sweeping right around from front to back.	Back	
4 &	Cross right behind left. Step left to left side.	Behind Side	Left
Section 4	Cross Rock, Side, Cross Unwind Full Turn		
5 – 6 &	Cross rock right over left. Recover onto left. Step right to right side.	Cross Rock Side	On the spot
7	Cross left over right and unwind full turn right (weight ends on left).	Unwind	Turning right
Tag	End of Wall 8 (facing 12:00): Side, Cross		
8 &	Step right to right side. Cross left over right.	Side Cross	Right

Choreographed by: Karl-Harry Winson (UK) September 2013

Choreographed to: 'How Long Will I Love You' by Ellie Goulding from Motion Picture 'About Time' on CD Halcyon Days; download available from

amazon or iTunes (16 count intro - start on vocals)

Tag: One short Tag at the end of Wall 8

