

## About Time

48 count, 4 wall, intermediate level  
Choreographer: Claire Pulpher (Eng) 2004  
Choreographed to: Power Of A Woman by Eternal  
from the album Eternal's Greatest Hits

---

4 count intro

### COASTER STEP, PRESS, TWIST HEELS x2

- 1&2& Step right foot back, bring left next to right, step right foot forward, press left foot forward.  
3&4 Twist both heels left, right, left  
5&6& Step left foot back, bring right next to left, step left foot forward, press right foot forward.  
7&8 Twist both heels to the right, left, right.

### WALK, COASTER STEP BACK, ½ TURN TO RIGHT, STEP, CLICK, LEFT CHASSE WITH TAP

- 1-2 Walk back, right, left  
3&4 Step right foot back, bring left foot next to right, step right foot forward  
&5 Step left foot forward on &, pivot a half turn over the right shoulder  
6 Step left foot forward. (Optional: Click fingers to the left and look to the left.)  
7&8 Step right foot to the right side, bring left next to right, tap right foot to right side.

### SYNCOPATED JAZZ BOX, HOLD, SYNCOPATED JAZZBOX, HOLD

- 1 Cross right foot over left  
2&3 Step left foot back, step right foot to right side on &, tap left foot next to right.  
&4 Hold (Optional: Lift shoulders up on & and down on 4)  
5 Cross left foot over right  
6&7 Step right foot back, step left foot to left side, tap right foot next to left.  
&8 Hold (Optional: Lift shoulders on & and down on 8)

### ROCK, RECOVER, 1 ¼ TURN TO RIGHT TRIPLE STEP, ROCK, RECOVER, COASTER STEP

- 1-2 Rock right foot forward, recover weight back onto left foot  
3&4 Step right foot a half turn to the right, step left foot a half turn over right shoulder, step right foot a quarter turn to the right (the turn is done on the spot.  
Optional: If preferred, you can dance a quarter turn triple step to the right.)  
5-6 Rock left foot forward; recover weight back onto the right foot  
7&8 Step left foot back; bring right foot next to left, step left foot forward.

### TOE SWITCHES, SIDE MAMBO, LEFT LOCK STEPS BACK, SIDE MAMBO

- 1&2& Point right foot to right side, switch and point the left foot to the left side.  
3&4 Rock right foot to right side; recover weight back onto the left, step right foot next to left  
5&6& Step left foot back, cross right foot over left, step left foot back, cross right foot over left  
7&8 Rock left foot to left side; recover weight onto right foot, bring left foot next to right.

### WALK, MAMBO FORWARD, JUMP BACK, HIPS

- 1-2 Walk forward, right, left  
3&4 Rock right foot forward, recover weight back onto left, tap right foot next to left  
&5 Jump back, right foot steps back, left foot steps back  
6 Bump hips to the right  
7&8 Bump hips left, right, left.

END OF DANCE!