

NO MANS LAND

COPPER KNOB
BY THE POSTAL SERVICE

Count: 32

Wall: 4

Level: Intermediate level

Choreographer: Craig Bennett (UK) - April 2007

Music: No Mans Land by Beverly Knight (Album: Music, city, soul)



Section 1

Back Rock Recover, Coaster Step, Rock $\frac{1}{2}$ turn, Step $\frac{3}{4}$ Pivot Turn

1&2 Rock back on right, recover onto left, step right to right side
3&4 Step back on left, step right beside left, step forward onto left
5&6 Rock forward on right, recover back onto left making $\frac{1}{2}$ turn right and step forward onto right
7& Step forward onto left, make $\frac{1}{2}$ turn left stepping back onto right,
8 Make $\frac{1}{4}$ turn left stepping left to left side

Section 2

Hip Sways, Left shuffle Forward, Step $\frac{1}{2}$ Pivot, Rock $\frac{1}{2}$ Turn Right

1,2,3 Sway hips to right, Sway hips to left, sway hips to right making $\frac{1}{4}$ turn left
4&5 Step forward onto left, close right in place, step forward onto left
6& Step forward onto right, pivot $\frac{1}{2}$ turn left
7&8 Rock forward on right, recover back onto left, make $\frac{1}{2}$ turn right stepping forward onto right

Section 3

$\frac{1}{4}$ Turn Side Step, Back Rock Side, Cross $\frac{1}{4}$ Turn, $\frac{1}{4}$ Turn, Back Rock Side, Coaster

1 Make $\frac{1}{4}$ turn right stepping left to left side,
2&3 Rock back on right, recover onto left, step right to right side,
4&5 Cross left over right, make $\frac{1}{4}$ turn left stepping back onto right, $\frac{1}{4}$ turn left stepping left to left side
6&7 Rock back onto right, recover onto left, step right to right side
8&1 Step back onto left, step right in place, step forward onto left

Section 4

Step $\frac{1}{4}$ Turn Cross Rock, Recover Sweep Hitch, Sailor $\frac{1}{4}$ Turn Right, Step $\frac{1}{2}$ turn side

2&3 Step forward onto right, $\frac{1}{4}$ turn left stepping left to left side, cross rock right over left
4 Recover weight back onto left while hitching right knee

5&6 Step back onto right, make $\frac{1}{4}$ turn left stepping forward onto left, step forward onto right
7&8 Step forward onto left, pivot $\frac{1}{2}$ turn right, step left to left side

START AGAIN AND ENJOY!