

No More Sad Songs

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Hayley Wheatley (UK) - April 2017
音乐: No More Sad Songs (feat. Machine Gun Kelly) - Little Mix



Music Available from iTunes and Spotify

Count In: 16 Counts - Tag: 4 Counts the end of wall 3

S1: SIDE ROCK AND CROSS, SIDE ROCK AND CROSS, STEP FORWARD, SAILOR HALF TURN, STEP

- 1&2 Rock RF to R side, Recover onto LF, Cross RF over LF □ 12:00
3&4 Rock LF to L side, Recover onto RF, Cross LF over RF □ 12:00
5, 6&7 Step fwd onto RF, Step LF behind RF making ¼ turn L, Step RF to R side making ¼ turn L,
Step LF to L side □ 6:00
8 Step fwd onto RF □ 6:00

S2: FWD MAMBO, BACK MAMBO, KICK BALL, TOUCH FWD, AND TOUCH FWD, AND TOUCH BESIDE

- 1&2 Rock fwd onto LF, Recover onto RF, Step back onto LF □ 6:00
3&4 Rock back onto RF, Recover onto LF, Step fwd onto RF □ 6:00
5&6 Kick LF fwd, Step LF beside RF, Touch R toe fwd □ 6:00
&7&8 Step RF beside LF, Touch L toe fwd, Step LF beside RF, Touch R toe beside LF □ 6:00

S3: SIDE ROCK, RECOVER, SAILOR STEP, SAILOR ¼ TURN, SHUFFLE FWD

- 1-2 Rock RF to R side, Recover onto LF □ 6:00
3&4 Step RF behind LF, Step LF to L side, Step RF to R side □ 6:00
5&6 Step LF behind RF making ¼ turn L, Step RF to R side, Step LF to L side □ 3:00
7&8 Step fwd on RF, Step LF beside RF, Step fwd on RF □ 3:00

S4: SAMBA HALF TURN, KICK OUT OUT, SWAY HIPS L, R, BUMP HIPS L, R, L

- 1&2 Cross LF over RF, Step back on RF making ¼ turn L, Step LF to L side making ¼ turn
L □ 9:00
3&4 Kick RF fwd, Step out on RF, Step out on LF □ 9:00
5-6 Sway hips to the L, Sway hips to the R □ 9:00
7&8 Bump hips L, Bump hips R, Bump hips L making sure weight finishes on LF □ 9:00

Start Again!

TAG: STEP BACK R, L (performed at the end of wall 3 facing 3:00)

- 1-2 Step Back on RF, Hold □ 3:00
3-4 Step back on LF, Hold □ 3:00