

Know No Better

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: High Intermediate
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音乐: Know No Better (feat. Travis Scott, Camila Cabello & Quavo) - Major Lazer



Start On Vocals, No Tag/Restart

S1: TOE-HEEL-TOE SWIVEL OUT & IN, KICK-BALL-STEP, STEP, HEEL SWIVELS TURNING ½ L

1&2 RF twist toes out, RF twist heel out, RF twist toe out (weight on LF)
3&4 RF twist toes in, RF twist heel in, RF twist toes in (weight on LF)
5&6 RF kick forward, RF close next to LF, LF step forward
7&8 RF step forward, ¼ turn L and twist L-heel towards RF, turn whilst twisting R-heel ¼ turn L (6:00)

Arm styling:

1&2 RH snap fingers to R side (hip level), swing RH back in, RH snap fingers to R side (hip level)
3&4 Roll your fists around each other towards your body (chest level)

S2: COASTER STEP, 2x PRISSY WALK, STEP-LOCK-STEP, ROCK FWD, RECOVER

1&2 LF step back, RF close next to LF, LF step forward
3-4 RF walk forward (slightly across LF), LF walk forward (slightly across RF)
5&6 RF step forward, LF lock behind RF, RF step forward
7-8 LF rock forward, recover on RF

S3: BALL, STEP, ½ PIVOT, ¼ SIDE, CROSS, SIDE, SAILOR STEP INTO HIP ROLL

&1-2 LF close on ball next to RF, RF step forward, make ½ turn L putting weight on LF (12:00)
3&4 ¼ turn L & RF step side, LF cross over LF, RF step side (9:00)
5&6 LF cross behind RF, RF step side, LF step side & push hip to L
7-8 Recover on RF & roll hips to R, recover on LF whilst rolling hips L

S4: CROSS, SIDE, BEHIND-SIDE-CROSS, RECOVER, ¼ STEP, ½ CHASE TURN

1-2 RF cross over LF, LF step side
3&4 RF cross behind LF, LF step side, RF cross over LF
5-6 Recover on LF, ¼ turn R & RF step forward (12:00)
7&8 LF step forward, make ½ turn R putting weight on RF, LF step forward (6:00)

S5: 2x TRAVELLING CROSS SAMBA, ROCK FWD, RECOVER, ¾ TRIPLE TURN

1&2 RF cross over LF, LF step side, RF step slightly to R diagonal
3&4 LF cross over RF, RF step side, LF step slightly to L diagonal

Note: travel forward on the samba steps

5-6 RF rock forward, recover on LF
7&8 ½ turn R & RF step forward, LF step forward, make ¼ turn R putting weight on RF (3:00)

S6: CROSS, SIDE, KICK-BALL-CROSS, ¼ FWD, ½ BACK, ¼ CHASSE

1-2 LF cross over RF, RF step side
3&4 LF kick diagonally L-forward, LF close next to RF, RF cross over LF
5-6 ¼ turn L & LF step forward, ½ turn L & RF step back (6:00)
7&8 ¼ turn L & LF step side, RF close next to LF, LF step side (3:00)

S7: CROSS ROCK, RECOVER, SIDE, ROCK BEHIND, RECOVER, ¼ FWD, 2x ¼ PADDLE TURN, STEP-LOCK-STEP

1&2 RF cross over LF, recover on LF, RF step side
3&4 LF rock behind RF, recover on RF, ¼ turn L & LF step forward (12:00)

5-6 ¼ turn L & RF press side on ball of RF, ¼ turn L & RF press side on ball of RF (6:00)
7&8 RF step forward, LF lock behind RF, RF step forward

S8: PUSH FWD, RECOVER, COASTER STEP, JAZZ BOX CROSS

1-2 LF rock forward & push hips forward, recover on RF & bump back
3&4 LF step back, RF close next to LF, LF step forward
5-8 RF cross over LF, LF step back, RF step side, LF cross over RF (RF step side on &-count to restart)

HAVE FUN!
