

Nobody Knows You When You're Down and Out

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Sonja Hemmes (USA) - July 2020
音乐: Nobody Knows You When You're Down and Out - Eric Clapton



Start on lyrics

LOCK STEP FORWARD, RIGHT & LEFT, ROCK FORWARD, COASTER BACK

1&2 Step right forward, step left behind right, step right forward
3&4 Step left forward, step right behind left, step left forward
5&6 Rock right forward, return weight on left, step right next to left
7&8 Step left back, step right next to left, step left forward

ROCK & CROSS, STEP TOGETHER ½ TURN LEFT, ROCK & CROSS, STEP TOGETHER

1&2 Rock right to right side, step on left, step right in front of left
3&4 Step left to left side, right next to left, step left to left side turning ½ left
5&6 Rock right to right side, step on left, step right in front of left
7&8 Step left to left side, step right next to left, step left to left side

TRIPLE STEP BACK, RUMBA BOX BACK

1&2 Step right back, step left back, step right back
3&4 Step left back, step right back, step left back
5&6 Step right to right side, step left next to right, step right back
7&8 Step left to left side, step right next to left, step left forward

HIP BUMPS FORWARD, SAILOR STEP TURN ¼ RIGHT, SAILOR STEP IN PLACE

1&2 Step right forward bumping hip forward, back, forward
3&4 Step left forward bumping hip forward, back, forward
5&6 Swing right leg around behind left turn ¼ right, step on left, step on right
7&8 Swing left leg around behind right, step on right, step on left next to right

NOTE: At the end of the dance, facing the 6 o'clock wall, you do not have to turn if you want to finish the dance facing the 12 o'clock wall.
