

No More

COPPER KNOB
STEPSHETS

拍数: 64 墙数: 2 级数: High Intermediate
编舞者: Maria Tao (USA) - October 2020
音乐: Marty Robbins Medley - Mick Foster & Tony Allen



Intro: 8 counts

Sequence: 8 (Intro steps); 64; 64; 16 (Restart 1); 64; 32 (Restart 2); 64; 64; 64; 6

INTRO STEPS: After 8 counts of music, dance these steps once at the beginning of the 1st wall

1-4 Step L forward, hold, step R to R, step L next to R

5-8 Step R back, hold, step L to L, step R next to L

MAIN DANCE

[S1] SIDE, HOLD, BACK, CROSS, 1/4 TURN L, 1/4 TURN L & HITCH, SIDE, CROSS

1-4 Step L to L, hold, step R back, cross L over R

5-8 1/4 turn L stepping R back, 1/4 turn L hitching L, step L to L, cross R over L [6:00]

[S2] 1/4 TURN L, SWEEP, CROSS, SIDE, BEHIND, SWEEP, 1/4 TURN L ROCK BACK, RECOVER

1-4 1/4 turn L stepping L forward, sweep right around, cross R over L, step L to L [3:00]

5-8 Step R behind L, sweep L around making 1/4 turn L, rock R back, recover onto L crossing R over L [12:00] ***R(1)

[S3] SIDE, HOLD, BACK, CROSS, 1/4 TURN R, 1/2 TURN R & HITCH, BACK, BACK

1-4 Step L to L, hold, step R back, cross L over R

5-8 1/4 turn R stepping R forward, 1/2 turn R on ball of R & hitch L, step L back, step R back [9:00]

[S4] BACK, SWEEP, BEHIND, SIDE, CROSS, 1/4 TURN R & HITCH, RUN FWD (L & R)

1-4 Step L back, sweep R around, step R behind L, step L to L

5-8 Cross R over L, 1/4 turn R hitching L slightly up, run L forward, run R forward [12:00] ***R(2)

[S5] STEP FWD, SWEEP, CROSS, BACK, SIDE, HOLD, BACK ROCK, RECOVER

1-4 Step L forward, sweep R around, cross R over left, step L back

5-8 Step R to R, hold, rock L back, recover onto R

[S6] 1/4 TURN L STEP FWD, SWEEP, CROSS, BACK, SIDE, HOLD, BACK ROCK, RECOVER

1-4 1/4 turn L stepping L forward, sweep R around, cross R over L, step L back [9:00]

5-8 Step R to R, hold, rock L back, recover onto R

[S7] STEP FWD, PIVOT 1/2 TURN R & POINT, WALK 1/2 ARC TURN R, SWEEP, CROSS, SIDE

1-2 Step L forward, pivot 1/2 turn R pointing R forward (weight stays on L) [3:00]

3-6 Walk R forward, 1/4 turn R walking L forward, 1/4 turn R walking R forward, sweep L around

7-8 Cross L over right, step R to R [9:00]

[S8] BACK, SWEEP, 1/2 TURN R SAILOR STEP, HOLD, 1/4 TURN R BALL STEP, CROSS

1-4 Step L back, sweep R around, 1/2 turn R stepping R behind L, step L to L [3:00]

5-8 Step R forward, hold, 1/4 turn R stepping ball of L to L (slightly back), cross R over L [6:00]

START AGAIN!

***** RESTARTS: --**

(1) After 16 counts on WALL 3 facing 12:00

(2) After 32 counts on WALL 5 facing 6:00

