

NO MieNTeN

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver / Intermediate
编舞者: Andrico Yusran (INA) - September 2022
音乐: NO MIENTEN - Becky G.



No Tag No Restart

Start Dance after intro lyric 16 Counts

S1# *FORWARD - RECOVER (sweep) - CROSS BEHIND - SIDE - CROSS - SIDE ROCK - CROSS BEHIND - SIDE - FORWARD*

1-2 Step R forward , Recover On L with R Sweep from front to back
3&4 R cross behind L , L side , R cross over L
5-6 L to side , recover on R
7&8 L cross behind R , R side , L forward

S2# *PUSH FORWARD - RECOVER - BALL FORWARD - FORWARD - LOCK SHUFFLE FORWARD - KICK BALL SIDE TOUCH*

1-2-& Step R push forward , recover on L , R ball beside L
3-4 L - R walk forward
5&6 L forward , R lock behind L , L forward
7&8 R kick forward , R ball beside L , L side touch (weight On R)

S3# *CROSS ROCK - SIDE - HITCH -MONTEREY 1/4 TURN R*

1-4 Step L cross over R , Recover On R , L to side , R knee up
5-8 R side touch , R 1/4 turn to R beside L , L side touch , L close beside R (3.00)

S4# *FORWARD ROCK - BACK - BACK - BALL FORWARD - FORWARD - LOCK FORWARD SHUFFLE*

1-2 Step R forward , recover On L
3-4 R - L backward
&-5-6 R ball beside L , L - R walk forward
7&8 L forward , R lock beside L , L forward

Dancing With Your Heart ☐

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