

Ren Sheng Mei You Hui Tou Lu (人生没有回头路)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Erni Jasin (INA) & Heru Tian (INA) - April 2023
音乐: Ren Sheng Mei You Hui Tou Lu (人生没有回头路) - Tian E (田娥)



SOD : 32 32 28 28 28 32 28 28 12
Intro : 28 C (Starts on vocal)

SEC 1 : SIDE, CROSS ROCK, RECOVER, SIDE, CROSS, SCISSORS STEP, HINGE TURN L, SIDE, 1/8 TURN L, SYNC ROCKING CHAIR

12&3& Big step side (1), cross Lf over Rf (2), recover on Rf (&), step Lf to L side (3), cross Rf over L (&)
4&5 Step Lf to L side (4), close Rf next to Lf (&), cross Lf over Rf (5)
6&7 ¼ turn L Step Rf back (6), ¼ turn L step Lf to L side (&), 1/8 turn L rock Rf fwd (7)(4:30)
&8& Recover on Lf (&), rock Rf back (8), recover on Lf (&)

SEC 2 : FWD w/HITCH, 1/8 TURN R, CROSS, SIDE, ROCK BACK, FWD, ½ TURN R, ROCK BACK, ¼ TURN L, SIDE, BEHIND, SWEEP, ROCK BACK, RECOVER

12&3 Step Rf fwd with hitch Lf (figure A (1), make 1/8 turn R cross Lf over Rf (2), step RF side (&), rock Lf back (3)
4&5 Step Rf in place (4), step Lf fwd make ½ turn R (&), rock Rf back (5) (12:00)
6&7 ¼ turn L Stepping on Lf (6) (3:00), step Rf to R side (&), step Lf back and sweep Rf from front to back (7)
8& Rock Rf back (8), recover on Lf (&)

SEC 3 : R Fwd – Spiral Full Turn L – L&R Runs Fwd – L Sync Rock Fwd – R Fwd – L Sweep – ¼ Turn L Diamond

1 Step Rf fwd, make a full spiral turn L (1)
2& Run Lf fwd (2), Run Rf fwd (&)
34& Rock Lf fwd (3), Recover on Rf (4), Close Lf Next to Rf (&)
5 Step Rf fwd, Sweep Lf back to front (5)
6&7 Cross Lf over Rf (6), Step Rf to R Side (&), 1/8 Turn L, Step Lf back, Sweep Rf front to back (7)
8& Cross Rf behind Lf (8), 1/8 Turn L, Step Lf to L Side (&) facing 6.00

SEC 4 : ¼ Turn L – R Basic NC – L ¼ Turn L Fwd – R Pivot ½ Turn L – R Fwd – L Side Rock – R Recover – L Behind – R Sweep – R Sailor

12& ¼ Turn L, facing 3.00, Take a long step Rf to R Side (1), Step Lf slightly behind Rf (2), Cross Rf over Lf (&)
34& ¼ Turn L, facing 12.00, Step Lf fwd (3), Step Rf fwd (4), Pivot ½ Turn L, Step Lf in place (&) facing 6.00
56& Step Rf fwd (5), Rock Lf to L Side (6), Recover on Rf (&)
78&1 Cross Lf Behind Rf, Sweep Rf front to back (7), Step Rf behind Lf (8), Step Lf beside Rf (&), Step Rf to R Side (1)

Start again..

Herutian79@gmail.com
Erni58@gmail.com

Last Update: 20 Jun 2023

