

Nothing Lasts Forever (Shine)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Barbie Snell (UK) & Andy Snell (UK) - April 2008
音乐: Shine - Vanessa Amorosi : (CD: The Very Best of)



Intro 24 counts

STEP, STEP-½ TURN-STEP, FULL TURN, MAMBO, SWEEP BACK

- 1 Step forward right,
- 2&3 Step forward left, pivot ½ right, step forward left
- 4&5 Triple step full turn left, stepping – right, left, right
- 6&7 Rock forward left, recover right, step back onto left
- 8 Sweep right around and behind left

SWEEP BACK, BEHIND-SIDE-ROCK, RECOVER-SIDE-ROCK, RECOVER-WEAVE

- 1 Sweep left around and behind right
- 2&3 Sweep right around and behind, step left to left side, cross right over left
- 4&5 Recover on left, step right to right side, cross left over right
- 6&7 Recover on right, step left to left side, step right across,
- &8 Step left to left side, step behind with right,

SIDE-CROSS, ¼ TURN, STEP-1/2 TURN-STEP, FULL TURN, MAMBO 1/4

- &1,2 Step left to left, Step right across left, ¼ turn left stepping forward on left
- 3&4 Step forward right, pivot ½ left, step forward right
- 5&6 Triple step full turn right, stepping – left, right, left
- 7&8 Rock forward right, recover left, make ¼ right stepping right to right side

ROCK-RECOVER-STEP, ROCK-RECOVER-STEP RIGHT, CROSS-UNWIND, SWEEP BEHIND-SIDE-CROSS

- 1&2 Rock left across right, recover right, step left to left side
- 3&4 Rock right across left, recover left, step right to right side
- 5, 6 Step left across right, unwind ½ right sweeping right foot around from front to back
- 7&8 Step right behind, left to left side, step right across left

STEP BACK ¼, SIDE, ROCK-RECOVER, ROLLING TURN, ROCK-RECOVER, ¼ CHASSE

- &1 Step back left turning ¼ right, step right to right
- 2, 3 Rock across with left, recover right
- 4&5 Step forward left making ¼ turn left, ½ turn left stepping back on right ¼ turn left stepping left to left side
- 6, 7 Rock across with right, recover left
- 8&1 Step right to right side, step left beside right, make ¼ turn right stepping forward right

MAMBO, WALK BACK x 2, ROCK-RECOVER, PIVOT ¼

- 2&3 Rock forward left, recover right, step back left
- 4&5 Walk back R, L (with small quick steps), rock back onto right
- 6, 7 Recover forward onto left, step forward right
- 8 Pivot ¼ turn left onto left.*

Restart here on wall 2 facing 3 O'clock (This then becomes 4 wall dance)

SHUFFLE, STEP ½ TURN, FULL TURN, ROCK-RECOVER

- 1&2 Right shuffle forward
- 3, 4 Step forward left, pivot ½ right
- 5&6 Travelling forward with a triple full turn right, stepping left, right, left (Or left shuffle forward)

7, 8 Rock forward right, recover left

BEHIND-SIDE-CROSS, SIDE ROCK-RECOVER, BEHIND-¼ TURN-FORWARD, WALK x 2

1&2 Cross right behind left, step left to left side, step right across left

3, 4 Rock left out to left, recover right,

5&6 Cross left behind right, making ¼ turn right stepping forward right, step forward on left

7, 8 Walk forward Right, Left.

***Restart after 48 counts on wall 2 facing 3 o'clock. This then becomes 4 wall dance as you now dance on side walls rather than front and back**

Big Finish - At the end of the weave just turn the 1/4 to the front (when she finishes on shine) with nice big pose
