

Take a No Day

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4
編舞者: Liz Atkinson (USA) - July 2021
音樂: Noday - DRAMAS

級數: Easy Intermediate



Thank you to my partner, Bradley, for finding this fun music!

#16 count intro - *1 Restart: Wall 3

S1: SIDE, ROCK BACK, RCVR, SIDE, ROCK BACK, RCVR, FWD, SHUFFLE FWD, 1/2 PIVOT FLICK

- 1 Step RF to R side
- 2&3 Rock LF behind RF, recover onto RF, step LF to L side
- 4&5 Rock RF behind LF, recover onto LF, step RF forward
- 6&7 Shuffle fwd LF-RF-LF
- 8 Pivot 1/2 R and flick LF back (6:00)

S2: SIDE, CROSSING SHUFFLE, SIDE ROCK, RCVR, CROSS, SIDE, 1/4L SIDE, CROSS, POINT

- 1 Step LF to L side
- 2&3 Cross RF over LF, step LF behind RF, cross RF over LF
- 4&5 Rock LF to L side, recover onto RF, cross LF over RF
- 6&7 Step RF to R side, turning 1/4L step LF to L side (3:00), cross RF over LF
- 8 Point LF to L side (3:00)

***On wall 3, step LF beside RF for an extra "&" count before restarting the dance here**

- 8&1 Point LF to L side, step LF beside RF, step RF to R side

S3: CROSS, 1/4R SHUFFLE FWD, ROCK, RCVR, 1/2L, SHUFFLE FWD, 1/4L HITCH

- 1 Cross LF over RF
- 2&3 Turning 1/4R shuffle fwd RF-LF-RF (6:00)
- 4&5 Rock LF fwd, recover RF, turning 1/2L step LF fwd (12:00)
- 6&7 Shuffle fwd RF-LF-RF
- 8 Hitch L knee turning 1/4L (9:00)

S4: BACK, COASTER STEP, KICK, CLOSE, POINT, KICK, CLOSE, SIDE, FLICK BEHIND

- 1 Step LF back
- 2&3 Step RF back, step LF beside RF, step RF fwd
- 4&5 Kick LF fwd, step LF beside RF, point RF to R side
- 6&7 Kick RF fwd, step RF beside LF, step LF to L side
- 8 Flick RF behind L knee (9:00)

***ENDING: On wall 9 (starting at 6:00), dance through S3. Instead of hitching 1/4 L, hitch 1/2L and step LF behind on the final beat, facing the front. (12:00)**

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