No Woman No Cry Again

COPPER KNOB

拍數: 32

牆數:4

級數: Low Improver

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音樂: No Woman No Cry - Boney M.

No Tag & No Restart

Intro : 32C

S1. ROCK BACK-RECOVER-FORWARD SHUFFLE, ½ RIGHT PIVOT WITH FLICK- FORWARD SHUFFLE

- 1-2 Rock back on RF, Recover on LF
- 3&4 Step RF fwd, Step LF next RF, Step RF fwd
- 5-6 Step LF fwd, Turn ½ R. Step RF fwd while LF flick
- 7&8 Step LF fwd, Step RF next to LF. Step LF fwd

S2. HALF DIAMOND, WHISK

- 1&2 Cross RF over LF, Step LF to L, Turn 1/8 R. Step back on RF
- 3&4 Step LF back, Turn 1/8 R. Step RF to R, Step LF fwd
- 5&6 Step RF to R, Cross LF behind RF, Cross RF over LF
- 7&8 Step LF to L, Cross RF behind LF, Cross LF over RF

S3. FORWARD- TURN ½ R. BACK- TRIPLE STEP, STEP-TOGETHER-TRIPLE STEP

- 1-2 Step RF fwd, Turn ½ R. Step LF back
- 3&4 Step RF next to LF, Step LF in Place, Step RF in place
- 5-6 Step LF fwd, Step RF next to LF
- 7&8 Step LF next to RF, Step RF in place, Step LF in place

S4. DIAGONAL FORWARD-TOUCH-BACK-TOGETHER (RIGHT/LEFT)

- 1-2 Step RF diagonal fwd R, Touch LF next to RF
- 3-4 Step back on LF to centre, Step RF next to LF
- 5-6 Step LF diagonal fwd L, Touch RF next to LF
- 7-8 Step back on RF to centre, Step LF next to RF

ENJOY THE DANCE

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