

No One Understands My Pain (没人懂我的苦)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Low Intermediate
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Intro 32 counts

Section 1 : R Basic NC, side behind, turn 1/4 left fwd, R Basic NC, Hinge 7/8 turn right, L side

- 1 Step R to right side
- 2 Cross L slightly behind R
- & Cross R over L
- 3 Step L to left side
- 4 Cross R behind L
- & turn 1/4 left Step L forward
- 5 Step R to right side (09.00)
- 6 Step R slightly behind L,
- & Cross R over L
- 7 1/4 turn right Step L back,(12.00)
- 8 1/2 turn right Step R forward, (06.00)
- & 1/8 turn right Step L to left (07.30)

Option 7& L Basic NC

- 7 Step L to left side
- 8 Cross L slightly behind L
- & Step L to left side

Section 2 : Rock Forward, Back R L, 1/8 turn right Sailor R - L, Sway R - L

- 1 Step forward on R
- 2 Recover on L
- & Step back on R
- 3 Step back on L
- 4 1/8 turn right Cross R behind L (09.00)
- & Step L to left side
- 5 Step R to right side
- 6 Cross L behind R
- & Step R right side
- 7 Step L to left side
- 8 Sway hip to right
- & Sway hip to left

Section 3 : Forward Sweep lock, 1/2 Diamond, Recover , L side

- 1 Step forward on R
- 2 Sweep forward on L
- & Step R slightly behind L
- 3 Step forward on L
- 4 Sweep R cross over L
- & Step L to left side
- 5 1/8 turn right Step back on R (10.30)
- 6 Step back on L
- & 1/8 turn right Step R to right (12.00)

7 1/8 turn right Step forward on L (01.30)
8 Recover on R
& Step L to left side (12.00)

Section 4 : Serpiente, 1/2 turn R Pivot, Hinge turn left

1 Cross R over L while sweeping L back to front
2 Step L cross over R
& Step R to right side
3 Step back on R while sweeping R front to back
4. Cross R behind L
& Step L to left
5 Step forward on R
6 Step forward on L
& 1/2 turn R Step forward on R (06.00)
7 Step forward on L
8 1/2 turn left step R back (12.00)
& 1/2 turn left step forward on L (06.00)

Option 8& Run forward

8 Step forward in R
& Step forward on L

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