

No Remorse AB

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Absolute Beginner
編舞者: Dee Palmer (USA) - June 2025
音樂: Not Your Man - Teddy Swims



Intro: 32 counts from hard beat.

Restart: On wall 5 starting at 12:00 after 32 counts facing 12:0

RIGHT TOE OUT, IN, OUT, TOUCH, BASIC TO RIGHT

1-4 Touch right toe to side, out, in, out, touch right toe next to LF
5-8 Step RF to right side, LF together, RF to right side, touch LF next to RF

LEFT TOE OUT, IN OUT, TOUCH, BASIC TO LEFT

1-4 Touch left toe to side, out, in, out, touch left toe next to RF
5-8 Step LF to left side, RF together, LF to left side, touch RF next to LF

TOE/HEEL STRUTS FORWARD ALTERNATING FEET

1-4 Touch R toe forward, drop heel, touch L toe forward, drop heel
5-8 Touch R toe forward, drop heel, touch L toe forward, drop heel

TOE/HEEL STRUTS BACK ALTERNATING FEET

1-4 Touch R toe back, drop heel, touch L toe back, drop heel
5-8 Touch R toe back, drop heel, touch L toe back, drop heel

RESTART WALL 5 FACING 12:00

4 (FOUR) 1/8 PADDLE TURNS LEFT (TOTAL 1/2 TURN)

1-4 Step RF paddle left 1/8, step RF paddle left 1/8
5-8 Step RF paddle left 1/8, step RF paddle left 1/8

HUSTLE

1-4 Walk forward R-L-R, kick or touch LF
5-8 Walk back L-R-L, touch R next to LF

K STEP

1-4 Step RF forward to R diagonal, touch L, step LF back to left diagonal, touch R
5-8 Step RF back to R diagonal, touch L, step LF forward to left diagonal, touch R

REVERSE RUMBA BOX

1-4 Step RF to right side, LF together, RF back, touch LF together
5-8 Step LF to left side, RF together, LF forward, touch RF together

Contact: deliapalmer179@gmail.com