

No More

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Improver
編舞者: Robbie McGowan Hickie (UK)
音樂: No More - Glenn Rogers



SIDE LEFT, TOUCH, SIDE RIGHT, TOUCH, LEFT SCISSOR STEP, HOLD

- 1-2 Step left to left side, touch right beside left while swaying hips left
- 3-4 Step right to right side, touch left beside right while swaying hips right
- 5-8 Step left to left side, slide right beside left, cross step left over right, hold

SIDE RIGHT, TOUCH, SIDE LEFT, TOUCH, RIGHT SCISSOR STEP, HOLD

- 1-2 Step right to right side, touch left beside right while swaying hips right
- 3-4 Step left to left side, touch right beside left while swaying hips left
- 5-8 Step right to right side, slide left beside right, cross step right over left, hold

HALF RUMBA BOX, STEP, PIVOT FULL TURN LEFT, HOLD

- 1-4 Step left to left side, close right beside left, step forward on left, hold
- 5-6 Step forward on right, pivot ½ turn left
- 7-8 Turn ½ turn left stepping back on right, hold, (facing 12:00)

Easier option:

- 5-7 Right forward mambo
- 8 Hold

BEHIND, SIDE, CROSS, HOLD, SIDE ROCK, RECOVER QUARTER TURN LEFT, STEP FORWARD, HOLD

- 1-4 Sweep left around and behind right, step right to right side, cross step left over right, hold
- 5-6 Rock right to right side, recover weight on left turning ¼ turn left
- 7-8 Long step forward on right, hold, (facing 9:00)

PADDLE TURN HALF TURN RIGHT TWICE, LEFT FORWARD MAMBO, HOLD

- 1-4 Step forward on left, pivot ½ turn right, step forward on left, pivot ½ turn right
- On counts 1-4, ball of right should stay in place as you complete the full turn**
- 5-8 Rock forward on left, rock back on right, step back on left, hold, (facing 9:00)

7 COUNT WEAVE LEFT, LEFT HITCH QUARTER TURN RIGHT

- 1-2 Sweep right around and behind left, step left to left side,
- 3-4 Cross step right over left, step left to left side
- 5-6 Cross right behind left, step left to left side
- 7-8 Cross step right over left, turn ¼ turn right on ball of right hitching left knee up slightly

On counts 1-7, these should be very small steps traveling left

LEFT LOCK STEP FORWARD, BRUSH, FORWARD ROCK, QUARTER TURN RIGHT, HOLD

- 1-4 Step forward on left, lock right behind left, step forward on left, brush right slightly forward
- 5-6 Rock forward on right, rock back on left, (facing 12:00)
- 7-8 Turn ¼ turn right stepping right to right side, hold, (facing 3:00)

CROSS, HOLD, UNWIND FULL TURN RIGHT (2 COUNTS), HIP SWAYS X 4

- 1-2 Cross left over right, hold
- 3-4 Unwind full turn right over 2 counts, (weight on right)
- 5-8 Step left slightly left swaying hips left, sway right, sway left, sway right, (facing 3:00)

Easier option:

- 1-4 Cross rock left over right, hold, rock back on right, hold

REPEAT
