

NoNoNoNoNo-Notso (zh)

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Beginner

Choreographer: Pim van Grootel (NL) & Daniel Trepal (NL) - 2008年01月

Music: Nuttin No Go So - Notch



第一段 ½ Turn With Weight Changes, Step, Touch, Step, Touch 以轉換重心轉1/2, 踏點, 踏點

- 1 RF 1/8 Turn Left And Step Forward 左轉45度右足前踏
- & LF Recover Weight 左足回復
- 2 RF 1/8 Turn Left And Step Forward 左轉45度右足前踏
- & LF Recover Weight 左足回復
- 3 RF 1/8 Turn Left And Step Forward 左轉45度右足前踏
- & LF Recover Weight 左足回復
- 4 RF 1/8 Turn Left And Step Forward 左轉45度右足前踏
- & LF Recover Weight 左足回復
- 5 RF Step To Right Side 右足右踏
- 6 LF Touch Next To RF 左足併點
- 7 LF Step To Left Side 左足左踏
- 8 RF Touch Next To LF 右足併點

第二段 Step, Touch, Step, Touch, Side Shuffle, Touch, Repeat To The Left 踏點 踏點 側交換點 換邊重覆做一次

- 1 RF Step To Right Side 右足右踏
- & LF Touch Next To RF 左足併點
- 2 LF Step To Left Side 左足左踏
- & RF Touch Next To LF 右足併點
- 3 RF Step To Right Side 右足右踏
- & LF Step Next To RF 左足併踏
- 4 RF Step To Right Side 右足右踏
- & LF Touch Next To RF 左足併點
- 5 LF Step To Left Side 左足左踏
- & RF Touch Next To LF 右足併點
- 6 RF Step To Right Side 右足右踏
- & LF Touch Next To RF 左足併點
- 7 LF Step To Left Side 左足左踏
- & RF Step Next To LF 右足併踏
- 8 LF Step To Left Side 左足左踏
- & RF Touch Next To LF 右足併點

第三段 Heel-Hook Combination, Flick, Heel, Hook, Step, ¼ Turn Left Close, Rock With Butt Push 2x 重 覆踵勾踏, 1/4併, 下沉帶推臀二次

- 1 RF Touch Heel Forward 右足踵前點

- & RF Hook RF In Front Of L.Leg 右足於左足前勾
- 2 RF Touch Heel Forward 右足踵前點
- & RF Flick RF To Side 右足於右後勾
- 3 RF Touch Heel Forward 右足踵前點
- & RF Hook RF In Front Of L.Leg 右足於左足前勾
- 4 RF Step Forward 右足前踏
- & LF ¼ Turn Left And Step Next To RF 左轉90度左足併踏
- 5 RF Step To Right Side, Raise Left Toe Up And Push Your Butt Slightly Diagonal Backwards 右足右踏, 左足趾前抬, 臀部略朝斜後推
- 6 LF Recover Weight 左足回復
- & RF Step Next To LF 右足併踏
- 7 LF Step To Left Side, Raise Right Toe Up And Push Your Butt Slightly Diagonal Backwards 左足左踏, 右足趾前抬, 臀部略朝後推
- 8 RF Recover Weight 右足回復

第四段 Close, Step, Bodyroll 2x, Step, ¼ Turn With Hook Behind, Step, Hook Behind 2x 併右身體轉動共二次, 1/4帶後勾, 踏, 後勾二次

- & LF Step Next To RF 左足併踏
 - 1 RF Step To Right Side 右足右踏
 - 2 Bounce And Roll Up From Hip 從臀部往上擺動
 - & LF Step Next To RF 左足併踏
 - 3 RF Step To Right Side 右足右踏
 - 4 Bounce And Roll Up From Hip 從臀部往上擺動
 - 5 RF Step Forward 右足前踏
 - & LF ¼ Turn Left And Hook Behind R.Knee 左轉90度左足於右膝後勾
 - 6 LF Step To Left 左足左踏
 - & RF Hook Behind L.Knee 右足於左膝後勾
 - 7 RF Step Forward 右足前踏
 - & LF ¼ Turn Left And Hook Behind R.Knee 左轉90度左足於右膝後勾
 - 8 LF Step To Left 左足左踏
 - & RF Hook Behind L.Knee 右足於左膝後勾
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