

Not Promised Tomorrow

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Low Intermediate
编舞者: Wayne Jensen (USA) - August 2015
音乐: Like I'm Gonna Lose You (feat. John Legend) - Meghan Trainor



Begin dancing on vocals

S1: Walk, Walk, Anchor Step, Rock, Recover, ¼ Cross Shuffle

1, 2 Walk R Forward, Walk L Forward (12:00)
3&4 Step R behind and next to L, Rock on L, Recover R behind L
5, 6 Rock back on L, Recover on R
7&8 (Making ¼ turn left) Step L ¼ forward (9:00), Step R right, Step L across R

S2: Rock, Recover ¼, Lock Step, Full Turn, ¼ Cross Shuffle

1, 2 Rock R right, Recover ¼ left on L (6:00)
3&4 Lock Step forward R, L, R
5, 6 Making Full Right Turn – Step L back ½ (12:00), Step R forward ½ (6:00)
7 Step L forward making ¼ right (9:00)
8&1 Cross shuffle R, L, R

S3: Rock, Recover, ¼ Rock, Recover, Lock Step, Step

2, 3 Rock L left, Recover R
4, 5 Step L back ¼ left (6:00), Recover R
6&7 Lock Step forward L, R, L
8 Step R forward

S4: Pivot, Lock Step, Full Turn, Cross Step, Scissor Back

1 Pivot ½ turn left (take weight on L) (12:00)
2&3 Lock Step forward R, L, R
4, 5 Step L back ½ turn (6:00), Step R forward ½ turn (12:00)
6 Step L across R
7&8 Step R back at angle, Step L back, Cross R over L

S5: Scissor Back, Shuffle, Rock, Recover, Shuffle

1&2 Step L back at angle, Step R back, Cross L over R
3&4 Shuffle right R, L, R
5, 6 Rock L behind R, Recover R
7&8 Shuffle left L, R, L

S6: Rock, Recover, ¾ Turn, Shuffle, Cross Rock, Recover, ¼ Turn

1, 2 Rock back on R, Recover L
3, 4 Step R ¼ forward (3:00), Step L back ½ turn right (9:00)
5&6 Shuffle right R, L, R
7, 8 Cross rock L over R, Recover R
& Step L ¼ turn L (6:00)

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