

Nobody Can Bring Me Down

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: John Newcomer (USA) & Bonnie Newcomer (USA) - January 2016
音乐: I Feel Good - Thomas Rhett



Taught by John & Bonnie Newcomer (C&W Instructors @ Willowbrook Ballroom)

1 - 2 Right Foot Step To Rightside, Then Left Foot Step Behind Right Foot
& 3 Right Foot Step Back & Left Heel Touch Forward
& 4 Left Foot Step Back & Right Foot Step Across Left Foot
5 - 6 Left Foot Step To Leftside, Then Right Foot Step Behind Left Foot
& 7 Left Foot Step Back & Right Heel Touch Forward
& 8 Right Foot Step Back & Left Foot Step Across Right Foot

***Restart is here* Wall 3**

& Pivot On Left Foot $\frac{1}{4}$ Turn Right (Ccw) [3:00]
9 & 10 Right Shuffle Forward (R-L-R)
11 & 12 Left Shuffle Forward (L-R-L)
13 Right Foot Step Forward
14 Pivot On Left Foot $\frac{1}{2}$ Turn Left (Ccw) [9:00]
15 Right Foot Long Step $\frac{1}{4}$ Turn Left (Ccw) [6:00]
16 Left Foot Sweep Across Right Foot

17 - 18 - 19 Left Jazz Square (L-R-L) Across - Back - Side
20 Right Foot Sweep Across Left Foot
21 - 22 - 23 Right Jazz Square (R-L-R) Across - Back - Side
24 Left Foot Brush Forward

25 Left Foot Step Diagonally Forward Across Right Foot
26 Right Foot Point To Rightside
27 Right Foot Step Diagonally Forward Across Left Foot
28 Left Foot Point To Leftside
29 - 30 Left Foot Rock Forward, Then Right Foot Step Down
31 & 32 Left Coaster Step (L-R-L) Making $\frac{1}{4}$ Turn Left (Ccw) [3:00]

33 & 34 Rightside Shuffle (R-L-R) Side - Together - Side
35 - 36 Left Foot Rock Back, Then Right Foot Step Down
37 & 38 Leftside Shuffle (L-R-L) Side - Together - Side
39 - 40 Right Foot Rock Back, Then Left Foot Down Across Right Foot

& 41 Syncopated Step To Rightside: Right - Left
42 Hold
& 43 Syncopated Step To Rightside: Right - Left
& 44 Syncopated Step To Rightside: Right - Left
45 Right Foot Rock To Right Side
46 Left Foot Step Down $\frac{1}{4}$ Turn Left (Ccw) [12:00]
47 Right Foot Step Forward $\frac{1}{2}$ Turn Left (Ccw) [6:00]
48 Left Foot Drag To Right Foot & Step Down

Start Over

RESTART

[1-8]□3rd Repetition : Dance only first 8 counts

Printouts & Music Suggestions Courtesy of www.lilmadcafe.com 630*850-7350

Contact: john@lilmadcafe.com
