

# No Goodbyes (zh)

COPPER KNOB  
STEPSHEETS

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Robbie McGowan Hickie (UK) - 2010年11月  
音乐: Out of Goodbyes (feat. Lady Antebellum) - Maroon 5



前奏: 16 Count intro 16拍後起跳

## 第一段 Right Side Rock. Right Sailor Step. Cross Behind. Unwind 1/2 Turn Left. Right Cross Shuffle.

- 1 – 2 Rock Right out to Right side. Recover weight on Left.  
右足右下沉, 左足回復
- 3&4 Cross Right behind Left. Step Left to left side. Step Right to Right side. 右足於左足後交叉踏, 左足左踏, 右足右踏
- 5 – 6 Cross Left behind Right. Unwind 1/2 turn Left. (Weight on Left)  
左足於右足後交叉踏, 左繞轉180度(重心在左足)
- 7&8 Cross step Right over Left. Step Left to Left side. Cross step Right over Left. (Facing 6 o'clock)  
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏(面向6點鐘)

## 第二段 Left Side Rock. Left Sailor Step. Cross Rock. Right Shuffle 1&1/4 Turn Right.

- 1 – 2 Rock Left out to Left side. Recover weight on Right.  
左足左下沉, 右足回復
- 3&4 Cross Left behind Right. Step Right to Right side. Step Left to Left side. 左足於右足後交叉踏, 右足右踏, 左足左踏
- 5 – 6 Cross rock Right over Left. Rock back on Left.  
右足於左足前交叉下沉, 左足回復
- 7&8 Make 1/4 turn Right stepping forward on Right. Make 1/2 turn Right stepping back on Left. 右轉90度右足前踏, 右轉180度左足後踏
- 8 Make 1/2 turn Right stepping forward on Right.  
右轉180度右足前踏  
OR 7&8...Chasse 1/4 turn Right. (Facing 9 o'clock)  
7&8簡易版:右追步轉90度(面向9點鐘)

## 第三段 Forward Rock. Left Lock Step Back. Back Rock. 2 x 1/2 Turns Left.

- 1 – 2 Rock forward on Left. Rock back on Right. 左足前下沉, 右足回復
- 3&4 Step back on Left. Lock step Right across Left. Step back on Left.  
左足後踏, 右足於左足前鎖踏, 左足後踏
- 5 – 6 Rock back on Right. Rock forward on Left.  
右足後下沉, 左足回復
- 7 – 8 Make 1/2 turn Left stepping back on Right. Make 1/2 turn Left stepping forward on Left. 左轉180度右足後踏, 左轉180度左足前踏

## 第四段 Forward Rock. Right Coaster Cross. Chasse 1/4 Turn Left. Step. Pivot 3/8 Turn Left.

- 1 – 2 Rock forward on Right. Rock back on Left.  
右足前下沉, 左足回復
- 3&4 Step back on Right. Step Left beside Right. Cross step Right over Left.  
右足後踏, 左足併踏, 右足於左足前交叉踏
- 5&6 Step Left to Left side. Close Right beside Left. Make 1/4 turn Left stepping forward on Left. 左足左踏, 右足併踏, 左轉90度左足前踏
- 7 – 8 Step forward on Right. Pivot 3/8 turn Left. (Now Facing 1 o'clock)  
右足前踏, 左轉135度(面向1點鐘)

## 第五段 2 x Skates Forward. Right Lock Step Forward. Left Mambo Forward. Slide Back. Cross.

- 1 – 2 (Still on Right Diagonal) Skate forward on Right. Skate forward on Left.  
(仍面向斜角)右足前滑冰, 左足前滑冰

- 3&4 Step forward on Right. Lock step Left behind Right. Step forward on Right  
右足前踏, 左足於右足後鎖踏, 右足前踏
- 5&6 Rock forward on Left. Rock back on Right. Step back on Left.  
左足前下沉, 右足回復, 左足後踏
- 7 – 8 Slide/Step back on Right. Cross step Left over Right. (Straightening up to 3 o'clock) 右足後滑踏, 左足於右足前交叉踏(轉正面向3點鐘)

**第六段 Hip Sways. Right Sailor 1/4 Turn Right. Step. Pivot 1/2 Turn Right. Left Lock Step Forward.**

- 1 – 2 Step Right to Right side Swaying hips Right. Sway hips Left.  
右足右踏右擺臀, 左擺臀
- 3&4 Cross Right behind Left making 1/4 turn Right. Step Left beside Right. Step forward on Right.  
右足於左足後踏右轉90度, 左足併踏, 右足前踏
- 5 – 6 Step forward on Left. Pivot 1/2 turn Right. 左足前踏, 右軸轉180度
- 7&8 Step forward on Left. Lock step Right behind Left. Step forward on Left. (Facing 12 o'clock)  
左足前踏, 右足於左足後鎖踏, 左足前踏(面向12點鐘)

**第七段 Cross Rock. Chasse Right. Cross Over. Unwind Full Turn Right. Right Side Rock.**

- 1 – 2 Cross rock Right over Left. Rock back on Left.  
右足於左足前交叉下沉, 左足回復
- 3&4 Step Right to Right side. Close Left beside Right. Step Right to Right side. 右足右踏, 左足併踏, 右足右踏
- 5 – 6 Cross Left over Right. Unwind Full turn Right. (Weight on Left)  
左足於右足前交叉踏, 右繞轉圈(重心在左足)
- 7 – 8 Rock Right out to Right side. Recover weight on Left.  
右足右下沉, 左足回復

**第八段 Cross. 1/4 Turn Right. 1/4 Turn Chasse Right. Forward Rock. Left Coaster Cross.**

- 1 – 2 Cross step Right over Left. Make 1/4 turn Right stepping back on Left.  
右足於左足前交叉踏, 右轉90度左足後踏
- 3&4 Make 1/4 turn Right stepping Right to Right side. Close Left beside Right. Step Right to Right side.  
右轉90度右足右踏, 左足併踏, 右足右踏
- 5 – 6 Rock forward on Left. Rock back on Right. 左足前下沉, 右足回復
- 7&8 Step back on Left. Step Right beside Left. Cross step Left over Right. (Facing 6 o'clock)  
左足後踏, 右足併踏, 左足於右足前交叉踏(面向6點鐘)

**TAG: 16 Count Tag (End of Wall 2):**

**Right Side Rock. Behind & Cross. 2 x 1/4 Turns Right. Left Cross Shuffle.**

- 1 – 2 Rock Right out to Right side. Recover weight on Left.  
右足右下沉, 左足回復
- 3&4 Cross Right behind Left. Step Left to Left side. Cross step Right over Left. 右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏
- 5 – 6 Make 1/4 turn Right stepping back on Left. Make 1/4 turn Right stepping Right to Right side. 右轉90度左足後踏, 右轉90度右足右踏
- 7&8 Cross step Left over Right. Step Right to Right side. Cross step Left over Right. (Facing 6 o'clock)  
左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏(面向6點鐘)
- 9 – 16 Repeat above Counts 1 – 8. (Now Facing 12 o'clock)  
重覆1-8拍(面向12點鐘)
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