

No Rights No Wrongs

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Lawrence Allen (USA) - April 2016
音乐: No Rights No Wrongs - Jess Glynne : (CD: I Cry When I Laugh)



Intro: There Is A 10 Count Intro. Start on Lyrics

Side Rock, Recover, R Cross Shuffle, 3/4 R Turn, L Shuffle Forward

1-2 Rock R To R Side, Recover Weight To L
3&4 Step R Over L, Step L To L Side, Step R Over L
5-6 Make 1/4 R Turn Stepping L Back (3:00), Make 1/2 R Turn Stepping R Forward (9:00)
7&8 Step L Forward, Step R Beside L, Step L Forward

Forward Rock, Recover, R Coaster, 1/2 R Pivot Turn, L Shuffle Forward

1-2 Rock R Forward, Recover Back On L
2&4 Step R Back, Step L Next To R, Step R Forward
5-6 Step L Forward, Make 1/2 R Pivot Turn Transferring Weight Forward On R (3:00)
7&8 Step L Forward, Step R Next To L, Step L Forward

Step, Hold, Step, Hold, Forward Rock, Recover, 1/4 R Turn, Cross

1-2 Step R Forward Taking Weight, Hold
3-4 Step L Forward Taking Weight, Hold
5-6 Rock R Forward, Recover Back On L
7-8 Make 1/4 R Turn Stepping R To R Side, Cross L Over R

Side Note: During Counts 2 & 4 (Holds) Forward Body Rolls Or Hip Sways Can Be Added For Style

Hip Sways R, L, R, Hips Sways L, R, L, R 1/4 Jazz Box, Cross

1&2 Sway Hips To R, Sway Hips To L, Sway Hips To R
3&4 Sway Hips To L, Sway Hip To R, Sway Hips To L
5-6 Step R Over L, Step L Back
7-8 Make 1/4 R Turn Stepping R To R Side (9:00), Step L Over R

Repeat and Enjoy!!!

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