

Nobody But Me

COPPER KNOB
STEPSHEETS

拍数: 96 墙数: 2 级数: Easy Intermediate
编舞者: Val Saari (CAN) - October 2016
音乐: Nobody But Me - Michael Bublé : (CD: Nobody But Me - 2:59)



Sequence: S: (1,2,3,4) (1,2,3,4), 5, (1,2,3,4)

S:1- LINDY RIGHT, LINDY LEFT,

1&2 3-4 Step side right, step together with left, step side right, rock back left, recover on right
5&6 7-8 Step side left, step together with right, step side left, rock back right, recover on left

FORWARD SHUFFLE, LEFT PIVOT TWICE

1&2, 3&4 Shuffle forward RLR, LRL
5-6 7-8 Step R forward, pivot ¼ L, Step R forward, pivot ¼ L

REPEAT (Counts 1-16)

S:2- SYNCOPATED SCISSORS TRAVELING FORWARD RLR, LRL, RLR, LRL

1&2 RF Step R, LF Recover, RF crosses LF and Hold (PUSH & CROSS)
3&4 LF Step L, RF Recover, LF crosses RF and Hold (PUSH & CROSS)
5&6 RF Step R, LF Recover, RF crosses LF and Hold (PUSH & CROSS)
7&8 LF Step L, RF Recover, LF crosses RF and Hold (PUSH & CROSS)

REVERSE KICK STEPS R,L,R , COASTER STEP LRL

1-4 RF KICK, RF STEP behind L, LF KICK, LF STEP behind R
5-6 RF KICK, RF STEP behind L,
7&8 LF Step Back, Recover R, LF step together with R

S:3- MAMBO FORWARD, MAMBO BACK X 2

1&2 RF Rock forward, LF recover, RF close together beside L & hold
3&4 LF Rock back, RF recover, LF close together beside R & hold
5&6 RF Rock forward, LF recover, RF close together beside L & hold
7&8 LF Rock back, RF recover, LF close together beside R & hold

MAMBO RIGHT, MAMBO LEFT X 2

1&2 RF Rock side right, LF recover, RF close together beside L & hold
3&4 LF Rock side left, RF recover, LF close together beside R & hold
5&6 RF Rock side right, LF recover, RF close together beside L & hold
7&8 LF Rock side left, RF recover, LF close together beside R & hold

S: 4- GRAPEVINE R, SYNCOPATED HINGE-HITCH, GRAPEVINE L, SYNCOPATED HINGE-HITCH 1/4 PIVOT L

1 – 2 Step RF to Right side, Cross LF behind Right
3 &4 Step RF to Right side, Bend L knee(Hinge), Hitch LF across R
5 – 6 Step LF to Left side, Cross RF behind Left
7 &8 Step L to Left side, Bend R knee(Hinge), Hitch RF across L ¼ Pivot L

REPEAT GRAPEVINES (1-8)

REPEAT SECTIONS 1, 2, 3, 4

S: 5- RAP SECTION

STEP TOGETHER STEP HITCH RIGHT & LEFT

1-4 STEP RF to right, LF STEP together, RF STEP right, LF HITCH

5-8 STEP LF to left, RF STEP together, LF STEP left, RF HITCH

SYNCOATED HIP STRUTS FORWARD & BACKWARDS

1&2 Touch R toe forward while bumping hips R, L, R (drop R heel on count 2)
3&4 Touch L toe forward while bumping hips L, R, L (drop L heel on count 4)
5&6 Touch R toe backwards while bumping hips R, L, R (drop R heel on count 6)
7&8 Touch L toe backwards while bumping hips L, R, L (drop L heel on count 8)

JUMP FORWARD, HIP THRUSTS, JUMP BACK, HIP THRUSTS

1-2 Jump forward (R, L), Thrust hips forward
3-4 Thrust hips back twice
5-6 Jump back (R,L), Thrust hips forward
7-8 Thrust hips back twice

[1-8] REPEAT HIP THRUSTS

REPEAT SECTIONS 1, 2, 3, 4

Notes: Section 1= 32 counts, Sections 2,3,4= 16 counts each

"RAP" Section=32 counts

(RIGHT) HINGE-HITCH: Bend R knee to bring foot beside opposite knee (hinge), Raise R Knee up (hitch)

Contact: valeriesaari@icloud.com
