

She Said No

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 0 级数: Improver
编舞者: Doktor Peter (DE) - December 2016
音乐: No No No - Milow : (CD: Modern Heart, Deluxe)



Part A " Mambo-Slide " each ¼ turn,

Part B " Step-Lock-Swing " in all ¾ turn, dancing through all walls, end by ½ turn L (12:00) + The „Improver’s start“ 06:00 only at the beginning on first 7-8+!

Intro: 16 Counts - Wall: Continuous

Part A „Mambo – Slide“:

From 12.00 (Improver: every 1st line 6.00 face to face with 2nd line + ½ Turn R on first 7-8)

Mambo Step Forward R, Rocking Chair L/R, Walk Walk

1&2 RF quick step forward, LF recover, RF beside LF with weight on RF
3-4 LF step forward, RF recover
5-6 LF step back, RF recover
7-8& LF step forward, RF step forward / First line LF step forward ½ turn R, RF forward

Step-Lock-Step L, ¼ Turn L Rock R, Tip R, Close R, Step L, Slide R

1&2 LF step forward, RF lock behind LF, LF step forward
3-4 ¼ turn L & RF step R, LF recover (9.00)
5-6 RF tip beside LF, RF close (weight on)
7-8 LF step L, RF slide to LF not weighing RF

*1x Repeat Part A - Mambo – Slide, to 6.00

Part B "Step-Lock – Swing“:

Step-Lock-Step R Diagonal Fwd., ¼ L Step-Lock-Step L Fwd. (Diagonal 4.30),

¼ L Rock Side R with Hip Bump R, Recover L, Tip R, Close R

1&2 RF step forward diagonal R (7.30), LF lock behind RF, RF step forward
3&4 LF step forward ¼ diagonal L (4.30), RF lock behind LF, LF step forward
5-6 Turn L to 3.00 RF step R with hip bump, LF weight on (hip L)
7-8 RF tipp beside LF, RF close/weight on

Rock L Forward, ¼ L Step-Lock-Step, ¼ L Rock Side R, Recover L,
Behind R & Shoulder R ¼ twist back, Straighten & RF Swing beside LF (9.00)

1-2 LF step forward, weight on RF
3&4 Turn ¼ L & LF step forward, RF lock behind LF, LF step forward (12.00)
5-6 Turn ¼ L & RF step R, LF recover/weight on (9.00)
7-8 *□RF behind LF & shoulder R ¼ twisting back, re-straighten & RF Swing beside LF

*Bridge to Last Chorus "And now I know": Rock R, Rec. L, Behind R & Shoulder, Swing R to L

9-10 (after 3. verse „for the trees.“) RF step R, LF recover/weight on
11-12 RF behind LF & shoulder R ¼ twisting back, re-straighten & RF Swing beside LF

*2 x Repeat Part B (Step-Lock – Swing) until end of 1. Chorus „No No“ (only once)

Then: 2x Part A / 6x Part B (incl. instrumental) / 1x Part A / 1x Part B / 1x Part B + Bridge

(4 Counts Rock R + Behind R) / 4x Part B until | End 7-8*

*End:□RF behind LF & shoulder R ¼ twisting back, re-straighten & Step Turn ½ L RF back

Scheme: |16 cts.| A A B B B A A B B B B B A B B + Bridge B B B B + ½ L

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