

No No No

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Guillaume Richard (FR) & Sébastien BONNIER (FR) - January 2018
音乐: No No No - Kamaleon



Intro: Start after 32 counts (app. 19 secs into track).

***3 Restarts:

*1st and 3rd Restarts are identical: They happen on walls 1 and 5, after 24 counts facing 9:00

**2nd Restart happen on wall 4, after counts 16 facing 12:00, add a count & with recover on L

**2 tags: Happen on walls 2 and 6, after the 1st 16 counts, and restart after the tag.

[1 – 8] Hips Bump, Slide, Cross Samba, 1/4 L Cross Samba with Hitch, Coaster Step

1 & 2 Touch R to R and push hips to R (1), Push back hips on L (&), Step R to R and slide L (2) 12:00
3 & 4 Cross L over R (3), Step R to R (&), Step L to L (4) 12:00
5 & 6 Cross R over R (5), Make 1/4 R stepping L back (&), Hitch R knee (6) 3:00
7 & 8 Step R back (7), Step L next to R (&), Step R Fwd (8) 3:00

[9 – 16] 1/4 R Ball Cross , HOLD, Ball Cross, Hold, Ball Step, Cross, Step 1/4 Turn, Flick, Step

&1 – 2 Step L on ball next to R (&), Make 1/4 turn R and cross R over L (1), HOLD (2) 6:00
&3 – 4 Step L on ball next to R (&), Cross R behind L (3), HOLD (4) 6:00
&5 – 6 Step L on ball to L (&), Step R to R (5), Cross L over R (6) 6:00
&7 – 8 Step R to R (&), Make 1/4 L stepping on L and flick with R (7), Step R Fwd(8) 3:00

TAG: Walls 2 and 6

1-2& Step L Fwd (1), Rock R Fwd (2), Recover on L (&)
3-4 Step R back (3), Step L next to R with a jump (4) 12:00

[17 – 24] Walk, Walk, L Sailor Step 1/2 L, Walk, Walk, Rocking Chair

1 – 2 Step L Fwd (1), Step R Fwd (2) 3:00
3 & 4 Make 1/4 L & cross L behind R (3), Make 1/4 turn L stepping R next to L (&), Step L Fwd (4) 9:00
5 – 6 Step R Fwd (5), Step L Fwd (6) 9:00
7 & 8 & Rock R Fwd (7), Recover on L (&), Rock back on R (8), Recover on L (&) 9:00

[25 – 32] Chug Turn 1/2 L, R Shuffle to R, Chug Turn 1/2 R, Mambo Step, Cross

1 & 2 & Make 1/4 turn L stepping R to R (1), Recover on L (&), Make 1/4 turn L stepping R to R (2), Recover on L (&) 3:00
3 & 4 Step R to R (3), Step L next to R (&), Step R to R (4)
Arms Option: Put your hands up (3), Put your hands above shoulders (&), Put your hands up (4) 3:00
5 & 6 Make 1/4 turn R stepping L to L (5), Recover on R (&), Make 1/4 turn R stepping L to L (6) 9:00
7 & 8 & Cross rock R over L (7), Recover on L (&), Step R to R (8), Cross L over R (&) 9:00

START AGAIN!

Ending Slide to the L and open your arms 12:00

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