

No Apologies

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Improver / Intermediate
编舞者: Sue Demitropoulos (CAN) - April 2018
音乐: This Is Me - Keala Settle : (Album: The Greatest Showman soundtrack)



Start: 16 counts, on vocals

[1-8] Walk R-L, 1/2 chase turn L, walk L-R, 1/2 chase turn R

1-2 Walk forward right, walk forward left
2&3 Step right forward, make 1/2 turn left stepping left forward, step right forward
5-6 Walk left forward, walk right forward
7&8 Step left forward, make 1/2 turn right stepping right forward, step left forward (12:00)

[9-16] R side rock-cross, L side rock-cross, 1/2 hinge turn L, R cross shuffle

1&2 Rock right to right side, recover to left, cross right over left
3&4 Rock left to left side, recover to right, cross left over right
5-6 Make 1/4 turn left stepping right back, make 1/4 turn left stepping left to left side
7&8 Cross right over left, step left to left side, cross right over left (6:00)

[17-24] 1/4R, R drag, R kick-ball-step, stomp R-L, in heel-toe-heel

1-2 Make 1/4 turn right stepping left back, drag right in towards left and touch beside left
3&4 Kick right forward, step right in place, step left forward
5-6 Stomp right to right side, stomp left to left side
7&8 Bring both heels in toward centre, bring both toes in towards centre, bring both heels in toward centre with weight ending up left (9:00)

Restart on wall 3; Tag on wall 7

[25-32] R jazz box 1/4 turn, R fwd mambo, L back mambo

1-2-3-4 Cross right over left, step left back, make 1/4 turn right stepping right to right side, step left forward
5&6 Rock right forward, recover to left, step right back
7&8 Rock left back, recover to right, step left forward (12:00)

[33-40] R jazz box 1/4 turn, R fwd mambo, L back mambo

1-2-3-4 Cross right over left, step left back, make 1/4 turn right stepping right to right side, step left forward
5&6 Rock right forward, recover to left, step right back
7&8 Rock left back, recover to right, step left forward (3:00)

[41-48] R fwd rock, together, L fwd rock, step back L, R touch, R kick-ball-step

1-2& Rock right forward, recover to left, step right beside left
3-4 Rock left forward, recover to right
5-6 Step back left, touch right beside left
7&8 Kick right forward, step right in place, step left forward (3:00)

Begin again! You are glorious!!

Tag 1: after wall 1 (3:00)

Step right out to right side and raise arms up for 4 counts (1-2-3-4)

Restart: on wall 3 (3:00)

Tag 2: on wall 7 (9:00)—music becomes quieter

Stomp right forward keeping weight left, hold (1-2)

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