

Sorry Not Sorry

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Phrased Intermediate
编舞者: Phillip M. Vaughan (USA) - May 2018
音乐: Sorry Not Sorry - Pentatonix : (Album: PTX Presents: Top Pop, Vol. I)



Intro: 32 Counts | Sequence: A A A B B A A B B A A B+ B A

PART A: 32 counts

A[01-08] ROCK FWD RECOVER, RUN BACK (x2), ROCK BACK RECOVER, HALF TURN (x2)

1 2 3 4 Rock R fwd (1), recover on L (2), run R back (3), run L back (4) 12:00

5 6 Rock R back (5), recover on L [prep for upcoming turn] (6), 12:00

7 8 Turn ½ left stepping R back (7), turn ½ left stepping L fwd (8) 12:00

* No Turn Option: Run R fwd (7), run L fwd (8) 12:00 *

A[09-16] HALF SWEEP, BEHIND SIDE, CROSS RECOVER, SIDE CROSS

1 2 3 4 Turn ½ left stepping R back (1), sweep L back (2), cross L behind R (3), step R right (4), 6:00

5 6 7 8 Cross L over R (5), recover on R (6), step L to left (7), cross R over L (8) 6:00

* Styling: Finger wags or "cut it out" gesture during counts 5 thru 8 on 3rd and 5th repetition *

A[17-24] MONTEREY ¼ TURN LEFT, SIDE POINT, MONTEREY ¼ TURN LEFT, SIDE ROLL

1 2 3 4 Point L left (1), step L beside R turning ¼ left (2), point R right (2), step R beside L (4) 3:00

5 6 Point L left (6), step L beside R turning ¼ left (5) 12:00

7-8 Step R right rolling right shoulder up (7-8) 12:00

A[25-32] BEHIND SIDE CROSS, ⅛ TURN CAMEL WALK (x2)

1 2 3-4 Step L behind R (1), step R right (2), cross L over R (3), hold (4) 12:00

5-6 Step R fwd turning ⅛ right while popping L knee (5-6) 1:30

7-8 Step L fwd turning ⅛ right while popping R knee (7-8) 3:00

PART B: 32 counts

B[01-08] SIDE ROLL (x2), DOUBLE SIDE ROLL

1-2 Step R right rolling right shoulder up (1-2) 12:00

3-4 Step L left rolling left shoulder up (3-4) 12:00

5 6 Step R right rolling right shoulder up (5), recover slightly to L (6) 12:00

7-8 Step R right rolling right shoulder up (7-8) 12:00

B[09-16] SIDE ROLL (x2), DOUBLE SIDE ROLL

1-2 Step L left rolling left shoulder up (1-2) 12:00

3-4 Step R right rolling right shoulder up (3-4) 12:00

5 6 Step L left rolling left shoulder up (5), recover slightly to R (6) 12:00

7-8 Step L left rolling left shoulder up (7-8) 12:00

* Styling: Feel free to exaggerate and/or freestyle your movements during B[01-16] *

B[17-24] NIGHTCLUB BASIC, ¼ TURN ½ PIVOT TURN

1-2 3 4 Step R to right (1-2), close L slightly behind R (3), cross R over L (4) 12:00

5-6 Turn ¼ left stepping L fwd (5-6) 9:00

7 8 Step R fwd (7), pivot ½ turn left shifting weight to L (8) 3:00

B[25-32] STEP FWD, ¼ PIVOT TURN, CROSS, OUT OUT

1-2 3 4 Step R fwd (1-2), step L fwd (3), pivot ¼ turn right shifting wt to R (4) 6:00

5-6 7 8 Cross L over R (5), hold (6), step R right (7), step L left (8) 6:00

PART B+

Simply do counts 1-4 twice, and then continue PART B normally

ENDING: Cross arms on the last count and don't be sorry about it. □

Choreographer's Note:

This dance can also be performed to the original version of the Sorry Not Sorry by Demi Lovato.

Intro: 16 Counts - Sequence: A A A B B A A A B B A A B B A-

PART A-

Perform counts 1-12 of PART A, and then perform the following:

5 6 7 Step L fwd (5), pivot ½ turn right shifting weight to R (6), step L fwd (7)

ENDING remains the same.

Contact: phillipmvaughan@gmail.com, I would love to hear your feedback! #PIPStyleMoves
