

Nowhere Left To Run

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Emma Amir (UK) & Tina - March 2019
音乐: Nowhere Left To Run - Gary Leonard



Music Available for download at garyleonard.co.uk

Start on vocals

Rocking chair, shuffle right, Rocking chair, shuffle left

1&2& RF rock forward, recover on LF, RF rock back, recover on LF
3&4 step RF forward, step LF beside right, step RF forward
5&6& LF rock forward, recover on RF, LF rock back, recover on RF
7&8 step LF forward, step RF beside left, step LF forward

Point switches R L R Hitch cross, step lock step left ½ turn, step lock step right ½ turn

1&2& Point RF to right side, step onto RF, point LF to left side, step onto left
3&4 point RF to right side, hitch right, step right down across LF
5&6 step LF across RF ¼ turn right, lock RF behind LF, step left ¼ turn right
7&8 step RF ¼ turn right, lock LF behind RF, step right ¼ turn right

Left jazz box ¼ turn left, step back right left, kick ball change

1-2 cross LF over RF, step back on RF
3-4 step LF ¼ turn left, touch RF beside LF
5-6 step back on RF, step back on LF
7&8 kick RF forward, step RF beside LF, step LF beside RF

Shuffle right, step half turn, shuffle left, step half turn

1&2 step RF forward, step LF beside RF, step RF forward
3-4 step LF forward, pivot ½ turn stepping onto RF
5&6 step LF forward, step RF beside LF, step LF forward
7-8 step RF forward, pivot ½ turn stepping onto LF

Start again

No Tags No Restarts ENJOY!!!!

Note: to make the dance slightly easier you can replace the turning step lock steps (second section steps 5-8) for two step lock steps going forwards.