

No More Tears

COPPER **KNOB**
STEPSHEETS

拍数: 32 墙数: 4 级数: Low Intermediate
编舞者: Adeline Cheng (MY) & Jennifer Choo Sue Chin (MY) - April 2020
音乐: No More Tears (不要流淚) - Fred Cheng (鄭俊弘)



Intro: 4x8 (approx 0:19 on the heavy beat just before vocals)

Set 1: SERPIENTE WEAVE, ¼L FWD

1-4 Cross RF over LF, Sweep LF from back to front, Cross LF over RF, Step RF to R 12:00
5-6 Step LF behind RF, Sweep RF from front to back (optional: tango flick) 12:00
7-8 Step RF behind LF, ¼L step LF fwd 9:00

Set 2: RUMBA BOX

1-4 Step RF fwd, Hold, Step LF to L, Close RF next to LF 9:00
5-8 Step LF back, Hold, Step RF to R, Close LF next to RF 9:00

Set 3: SIDE, HOLD, ROCK RECOVER ROCK, FORWARD OCHOS

1-4 RF take a big step to R, hold, 1/8R Cross rock LF over RF, Recover on RF 10:30
5-6 Cross LF over RF, ¼L on ball of LF with RF next to LF 4:30
7-8 Cross RF over LF, ¼R on ball of RF with LF next to RF 10:30

Set 4: POINT HOLD, SWAY SWAY, FLICK, KNEE SWAYS

1-2 Continue another 3/8R on ball of RF point LF to L, hold 3:00
3-4 Sway hips to L, Sway hips to R 3:00
5-6 Step LF to L, Flick RF to R 3:00
7-8& With R knee bended into fig4 swing it over L knee, Swing R knee to R (open R hip), Swing R knee over L knee then ease it into a cross RF over LF to start the dance. 3:00

Easier options: Kick RF fwd (7), Hook RF across LF (8)

Start again and smile! - No Tags No Restarts!

Contact:

Adeline Cheng: adeline.nuline@gmail.com

Jennifer Choo: hotlinerz@gmail.com