

No Reason

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Martine Canonne (FR) - February 2021
音乐: Don't Need No Reason - Lee Brice : (Album : Hey World - 2020 - iTunes)



Start : 8 counts

[1 - 8] CROSS-1/4 SIDE-TOGETHER w /DOUBLE KNEES, STEP L, PIVOT 1/2 L, TRIPLE 1/2 L, ROCK STEP w /BODY ROLL

- 1 & 2 Cross RF over LF (10:30) (open your body slightly left), turn 1/4 right stepping LF slightly to left side & start to bend both knees (01:30), step RF next to LF & finish double knees
- 3 - 4 Step LF forward, turn 1/2 left stepping RF back (07:30)
- 5 & 6 Turn 1/4 left stepping LF to left side, step RF next to LF, turn 1/4 left stepping LF forward (01:30)
- 7 - 8 Step RF forward with body roll, recover onto LF (01:30)
- *** RESTART here walls 3 (face 06:00), 6 (face 12:00) & 8 (face 03:00).
Replace counts 7-8 by Step RF fwd, turn 1/8 left and Restart***

[9 - 16] RUN-RUN BACK, PIVOT 1/2 R, PIVOT 1/2 R & SWEEP RF, SAILOR 1/8 CROSS & CROSS, TURN 1/2 L, PIVOT 1/4 L

- & 1 Make a small step RF back, make a small step LF back (01:30)
- 2 - 3 Turn 1/2 right stepping RF forward (07:30), turn 1/2 right stepping LF back & sweep RF (01:30)
- 4 & 5 Turn 1/8 right crossing RF behind LF (03:00), step LF to left side, cross RF over LF
- & 6 Step LF to left side, cross RF over LF (03:00)
- 7 - 8 Turn 1/2 left weighting LF (09:00), turn 1/4 left stepping RF to right side (06:00)

[17 - 24] SAILOR POINT, & CROSS-SIDE-POINT, & CROSS, PIVOT 1/4 L, COASTER STEP

- 1 & 2 Cross LF behind RF, step RF to right side, touch toe LF diagonal left forward
- & 2 & 3 Step LF next to RF, cross RF over LF, step LF to left side, touch toe RF diagonal right forward
- &5 - 6 Step RF next to LF, cross LF over RF, turn 1/4 left stepping RF back
- 7 & 8 Step LF back, step RF next to LF, step LF fwd (03:00)

[25 - 32] &, ROCK STEP L w/PRESS, & ROCK STEP R w/PRESS, TRIPLE BACK LOCK, PIVOT 1/2 LEFT, TURN 1/2 SWEEP

- &1 - 2 Step RF next to LF, step LF forward with pressing down & sway hips forward, recover onto RF
- &3 - 4 Step LF next to RF, step RF forward with pressing down & sway hips forward, recover onto LF
- 5 & 6 Step RF back, lock LF slightly over RF, step RF back
- 7 - 8 Turn 1/2 left stepping LF forward (09:00), weight onto LF : make turn 1/2 left leaving the point of the RF on the ground (sweep while turning) (03:00)

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