

# Take a No Day

COPPER KNOB  
STEPPERS

拍数: 32      墙数: 4  
编舞者: Liz Atkinson (USA) - July 2021  
音乐: Noday - DRAMAS

级数: Easy Intermediate



Thank you to my partner, Bradley, for finding this fun music!

#16 count intro - \*1 Restart: Wall 3

**S1: SIDE, ROCK BACK, RCVR, SIDE, ROCK BACK, RCVR, FWD, SHUFFLE FWD, 1/2 PIVOT FLICK**

1            Step RF to R side  
2&3        Rock LF behind RF, recover onto RF, step LF to L side  
4&5        Rock RF behind LF, recover onto LF, step RF forward  
6&7        Shuffle fwd LF-RF-LF  
8            Pivot 1/2 R and flick LF back (6:00)

**S2: SIDE, CROSSING SHUFFLE, SIDE ROCK, RCVR, CROSS, SIDE, 1/4L SIDE, CROSS, POINT**

1            Step LF to L side  
2&3        Cross RF over LF, step LF behind RF, cross RF over LF  
4&5        Rock LF to L side, recover onto RF, cross LF over RF  
6&7        Step RF to R side, turning 1/4L step LF to L side (3:00), cross RF over LF  
8            Point LF to L side (3:00)

**\*On wall 3, step LF beside RF for an extra "&" count before restarting the dance here**

8&1        Point LF to L side, step LF beside RF, step RF to R side

**S3: CROSS, 1/4R SHUFFLE FWD, ROCK, RCVR, 1/2L, SHUFFLE FWD, 1/4L HITCH**

1            Cross LF over RF  
2&3        Turning 1/4R shuffle fwd RF-LF-RF (6:00)  
4&5        Rock LF fwd, recover RF, turning 1/2L step LF fwd (12:00)  
6&7        Shuffle fwd RF-LF-RF  
8            Hitch L knee turning 1/4L (9:00)

**S4: BACK, COASTER STEP, KICK, CLOSE, POINT, KICK, CLOSE, SIDE, FLICK BEHIND**

1            Step LF back  
2&3        Step RF back, step LF beside RF, step RF fwd  
4&5        Kick LF fwd, step LF beside RF, point RF to R side  
6&7        Kick RF fwd, step RF beside LF, step LF to L side  
8            Flick RF behind L knee (9:00)

**\*ENDING: On wall 9 (starting at 6:00), dance through S3. Instead of hitching 1/4 L, hitch 1/2L and step LF behind on the final beat, facing the front. (12:00)**

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