

No Woman No Cry Again

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Low Improver
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音乐: No Woman No Cry - Boney M.



No Tag & No Restart

Intro : 32C

S1. ROCK BACK-RECOVER-FORWARD SHUFFLE, ½ RIGHT PIVOT WITH FLICK- FORWARD SHUFFLE

1-2 Rock back on RF, Recover on LF
3&4 Step RF fwd, Step LF next RF, Step RF fwd
5-6 Step LF fwd, Turn ½ R. Step RF fwd while LF flick
7&8 Step LF fwd, Step RF next to LF. Step LF fwd

S2. HALF DIAMOND, WHISK

1&2 Cross RF over LF, Step LF to L, Turn 1/8 R. Step back on RF
3&4 Step LF back, Turn 1/8 R. Step RF to R, Step LF fwd
5&6 Step RF to R, Cross LF behind RF, Cross RF over LF
7&8 Step LF to L, Cross RF behind LF, Cross LF over RF

S3. FORWARD- TURN ½ R. BACK- TRIPLE STEP, STEP-TOGETHER-TRIPLE STEP

1-2 Step RF fwd, Turn ½ R. Step LF back
3&4 Step RF next to LF, Step LF in Place, Step RF in place
5-6 Step LF fwd, Step RF next to LF
7&8 Step LF next to RF, Step RF in place, Step LF in place

S4. DIAGONAL FORWARD-TOUCH-BACK-TOGETHER (RIGHT/LEFT)

1-2 Step RF diagonal fwd R, Touch LF next to RF
3-4 Step back on LF to centre, Step RF next to LF
5-6 Step LF diagonal fwd L, Touch RF next to LF
7-8 Step back on RF to centre, Step LF next to RF

ENJOY THE DANCE

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