

No Way

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Phrased Improver
编舞者: Lynn Mayer (USA) - November 2021
音乐: No Way (feat. Renée Lamb) - SIX



Phrase A: (32 Counts)

Heel Hitch Heel Step, Lock Step Lock

- 1 R Heel Touch Front
- 2 R Hitch Cross Left
- 3 R Heel Touch Front
- 4 R step Home
- 5 L step angle
- 6 R Lock step to L
- 7 L step angle
- 8 Hold

Side Rock Cross, Side Rock Cross

- 1 R Rock to R
- 2 L Step in Place
- 3 R Step Cross in Front of L
- 4 Hold
- 5 L Rock to L
- 6 R Step in Place
- 7 L Step Cros in Front of R
- 8 Hold

Pivot, Pivot, Skate R, Skate L

- 1 R Step Front
- 2 Pivot $\frac{1}{2}$ Turn, Step on L
- 3 R Step Front
- 4 Pivot $\frac{1}{2}$ Turn, Step on L
- 5 R skate angle
- 6 L toe to R (keep weight on R)
- 7 L Skate angle
- 8 R toe to L (Keep weight on L)

Paddle $\frac{1}{4}$, Paddle $\frac{1}{4}$, Hip roll Coaster

- 1 R $\frac{1}{4}$ Paddle Turn
- 2 L Step
- 3 R $\frac{1}{4}$ Paddle Turn
- 4 R Step
- 5 R Heel Dig with Hip Roll
- 6 L step Home
- 7 R step Back
- & L Step Front
- 8 R step home
- & L Step Home

Restarts: Wall 6, 10

Phrase B: after wall 10: (BPM Slows to 91)
Side Modified Rhumba R L

- 1 Step R to side
- 2 Hold
- 3 Step L to R
- 4 Step R in Place
- 5 Step L to Side
- 6 Hold
- 7 Step R to L
- 8 Step L in Place

Back Front Modified Rhumba R L

- 1 Step R Back
- 2 Hold
- 3 Step L to R
- 4 Step R in Place
- 5 Step L Front
- 6 Hold
- 7 Step R to L
- 8 Step on L in Place

Cross Over Modified Rhumba R L

- 1 Step R Cross in Front of L
- 2 Hold
- 3 Step L in Place
- 4 Step R to L
- 5 Step L Cross in Front of R
- 6 Hold
- 7 Step R in Place
- 8 Step L to R

Slow Pivot Turn (½ ½)

- 1 Step R Front
- 2 Hold
- 3 Pivot Step L
- 4 Hold
- 5 Step R Front
- 6 Hold
- 7 Pivot Step L
- 8 Hold

**Pause (step out on word 'No') R step to Side R hand down
(With music)**

Phrase C: Following Phrase A 'Pause'

Syncopated Stomps

- 1 2 Stomp R
- 3 4 Stomp L
- 5 Stomp R
- 6 Stomp L
- 7 Stomp R
- 8 Stomp L

**Phrasing Notes: A A A A A (restart) A A A A (restart) A B C A A
Phrase A: Dance Phrase A 11 times, with restart after walls 6 & 10
Phrase B: After wall 11
Phrase C: After Phrase B
Phrase A: Dance 2x to end of dance**

Last Update – 26 Feb. 2022
