

No Angels

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: High Improver
编舞者: Kathryn Finley (USA) - April 2024
音乐: No Angels - Justin Timberlake



No Tags, No Restarts

[1-8]: Body Roll (2x) traveling backwards, Toe Touch, Heel Touch (2x)

1,2 Step R foot back (1), body roll back (2)
3,4 Step L foot back (3), body roll back (4)
5&6& Touch R toe (5), Step R together (&), Touch L heel (6), Step together (&)
7&8 Touch R toe (7), Step R together (&), Touch L heel (8)

[9-16]: Kickball cross R, Hold, Kickball Cross R, Kick L, ¼ turn L, L Coaster Step, Cross R ½ unwind

&1,2 Step L (&) Cross R over L (1), Hold (2)
&3,4 Step L (&) Cross R over L (3), K L foot, making ¼ turn to the left (4)
5&6 Step L behind R (5), Step R (&), Step L forward (6)
7,8 Cross R over L (7), Unwind ½ over L shoulder (8)

[17-24]: Rock R, R Sailor Step Turning ¼ left, Alternating Leg Sweeps L,R,L,R,L w/ L Knee Pop

1,2 Rock on R (1), Recover L (2)
3&4 Step R behind L (3), Step together (&), Step out R while sweeping L leg behind and turning ¼ over L shoulder (4)
5,6,7,8 Sweep R foot behind L (5), Sweep L foot behind R (6), Sweep R foot behind L (7), shifting weight to R foot, pop L knee (8)

[25-32]: L Coaster Step, ½ Pivot Turn, Walk Forward (4x)

1&2 Step L behind R (1), Step together (&), Step L foot forward (2)
3,4 Step R foot forward (3), pivot making ½ turn over L shoulder (4)
5,6,7,8 Walk forward R (5) Walk forward L (6) Walk forward R (7) Walk forward L (8)