

Nuo Yan (诺言)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Phrased Intermediate
编舞者: Shirley Bang (MY), Adeline Cheng (MY) & Penny Tan (MY) - July 2024
音乐: Nuo Yan (诺言) (Live) - Gean Lim (林必嫻)



Dance start from vocal.

Tag x2 / No Restart

*Tag after W2 & W6 , both facing 12:00

Tag 4&C:Side,Touch (R-F) , Sways

1&2& Step RF to R , touch LF next to RF , step LF to L , touch RF next to LF

3&4& Step RF to R with sway RLRL

SOD: AA Tag (4C) BB AA Tag (4C) BB A (16C)

Part A (32C)

SEC1:FWD , RECOVER , TOGETHER , FWD , RECOVER, BACK , BACK WITH SWEEP , BACK WITH SWEEP ,BEHIND , SIDE , CROSS , RECOVER

1-2& Press RF fwd , recover on L , step RF next to LF

3-4& Press LF , recover on R , step LF back

5-6 Step RF back with sweep , step LF back with sweep

7&8& Step RF behind LF , step LF to L , cross RF over LF , recover on L

SEC2:BASIC NIGHT CLUB (R-L) , FWD ,BEHIND TOUCH , STEP , KICK , BACK , HOOK , FWD

1-2& Big step RF to R , slightly cross LF behind RF , recover on R

3-4& Big step LF to L , slightly cross RF behind LF , recover on L

5&6& Step RF fwd , touch LF behind RF , step LF back on L , kick RF fwd

7&8 Step RF back , hook LF over RF , step LF fwd

SEC3:SIDE , BEHIND, SIDE,CROSS , SWAY R-L , BEHIND, ¼ TURN L FWD, FWD, FWD

1-2&3 Step RF to R , step LF behind RF ,step RF to R, cross LF over RF

4-5 Step RF to R with sway R ,step on L with sway L

6&7-8 Step RF behind LF , ¼ turn L , step LF , step RF fwd ,step LF fwd (9:00)

SEC4:CHASE 1/2 TURN L , FULL TURN R , DIAMOND ¼ TURN R

1&2 Step RF fwd ,pivot ½ turn onto L ,step RF fwd (3:00)

3&4 ½ turn R ,step LF back , ½ turn R , step RF fwd , step LF fwd (3:00)

5&6 Cross RF over LF , 1/8 turn R , step LF slightly to L , step RF back with hitch L

7&8 Step LF behind RF , 1/8 turn R , step RF to R , step LF fwd (6:00)

Part B (32C)

SEC1:SYNCOPATED WEAVE, CROSS , ¼ TURN R STEP BACK ,FWD , FWD SHUFFLE , PIVOT ¼ TURN R

1&2& Cross RF over LF , step LF to LF , step RF behind LF ,step LF to L

3&4 Cross RF over LF , ¼ turn R , step LF back , step RF fwd

5&6 Fwd shuffle L-R-L

7-8 Step RF fwd , 1/4 turn L , step LF on L

SEC2:Repeat SEC1

SEC3:SCISSORS CROSS RF , RUMBA BOX

1&2 Step RF to R , step LF next to RF ,cross RF over LF

3&4 Step LF to L ,step RF next to LF, cross LF over RF

5&6 Step RF to R , step LF next to RF , step RF fwd
7&8 Step LF to L , step RF next to LF , step LF back

SEC4:BACK , HOOK , FWD SHUFFLE , PIVOT 1/2 TURN L FWD TOGETHER

1&2& Step back R-L-R , hook LF over RF
3&4 Fwd shuffle L-R-L
5-6 Step RF fwd , ½ turn L , step LF fwd
7-8 Step RF fwd , step LF next to RF

Last Update: 4 Nov 2024
