

No Regret 2024

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: High Intermediate - NC2S
编舞者: Yva Teguh (INA) - October 2024
音乐: Zhi Mi Bu Hui (执迷不悔) - Faye Wong (王菲)



Intro 24 count start on music (approx 22 sec)

This dance has 3 tags, 3 restarts and 1 step change.

Tag 1 : 2c after wall 1 and after wall 2

1 - 2 RF fwd (1), Recover on LF (2)

Tag 2 : 4c after wall 8

1 - 2 RF fwd (1), Recover on LF (2)

4 - 5 RF to side (3), Recover on LF (4)

Restarts happens on

- wall 3 after 20c facing 06.00,

- wall 5 after 16c facing 03.00

- wall 7 after 20c facing 06.00

Step Change at the last count of wall 6 and add 2 counts.

On section 4 :

7 - 8 Step LF fwd (7), RF point to side (8) as you lunge your LF. Add 2 count on dragging RF to LF.

SECTION 1 : STEP RF BACK, SWEEP LF FRONT TO BACK CROSS BEHIND RF, RF SIDE, LF 1/8R FWD HITCH ON RF, WALK BACK ON RF AND LF, TURN 1/2R RF FWD SWEEP LF BACK TO FRONT, 1/4L DIAMOND FALLAWAY.

1 - 2& Step RF back (1), Sweep LF front to back cross behind RF (2), Step RF side (&). [12.00]

3 - 4& 1/8L LF fwd hitch RF (3), Step back on RF (4), Step back on LF (&). [01.30]

5 - 6& 1/2R Step RF fwd sweep LF back to front (5) [07.30], Cross LF over RF (6), 1/8L Step RF to side (&) [06.00]

7 - 8& 1/8L Step LF back (7) [04.30], Step RF back (8), 1/8L Step LF to side (&) [03.00]

SECTION 2 : 1/4L NCS, SPIRAL 3/4R , STEP FWD 3X, RECOVER ON LF, STEP BACK ON RF, 1/4L LF TO SIDE, SWAY RIGHT AND LEFT.

1 - 2& 1/4L Step RF to side (1) [12.00], Step LF slightly behind RF (2), Cross RF over LF (&).

3 - 4& Step LF to side (3), Spiral 3/4R [09.00] step RF fwd (4), step LF fwd(&).

5 - 6& Step RF fwd (5), Recover on LF (6), Step RF back (&)

7 - 8& 1/4L Step LF to side (7) [06.00], Sway body to Right (8), Sway body to Left (&).

• Restart here on wall 5 facing 03.00.

SECTION 3 : RF FWD, LF FWD 1/2R, RF FWD, LF FWD, FULL TURN PIVOT, 1/4L DIAMOND FALLAWAY.

1 - 2& Step RF fwd (1), Step LF fwd (2), 1/2R Step RF fwd (&) [12.00].

3 - 4& Step LF fwd (3), 1/2L step RF back (4) [06.00], 1/2L step LF fwd (&) [12.00].

• Restart here on wall 3 and wall 7 facing 06.00.

5 - 6& Take a long RF to side (5), 1/8L Step LF back (6) [10.30], Step RF back (&).

7 - 8& 1/8L step LF side (7) [09.00], step RF fwd (8), Step LF fwd (&).

SECTION 4 : CROSS RF OVER LF, CROSS LF OVER RF, ARABESQUE, RF BACK, LF SIDE, RF FWD, FULL RIGHT TURN PIVOT, FULL LEFT TURN PIVOT.

1 - 2& Cross RF over LF (1), Recover on LF (2), Step RF side (&).

3 - 4& Cross LF over RF as you raise RF behind (3), Recover on RF (4), Step LF side (&).

5 - 6& Step RF fwd (5), 1/2R Step LF back (6), 1/2R RF fwd (&).

7 - 8& Step LF fwd (7), 1/2L Step RF back (8), 1/2L LF fwd (&).

Happy Dancing..
Cheers, YVA TEGUH.

Last Update: 28 Oct 2024
