

Tomorrow's Gonna Hurt

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Improver
编舞者: Jess Bradley (USA) - November 2024
音乐: I Like It - Alesso & Nate Smith



Count in: Dance begins after 16 counts.

Notes: Restart after 16 counts of the dance on the 8th wall you will be facing the 6 o'clock wall, make sure to square up with that wall as you restart (usually you are at a diagonal in that part of the dance).

[1-8]: Wizard R, Wizard L, ½ Shuffle 2x

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|-------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1,2,& | 1) step right on a diagonal right, 2) lock left behind right, &) step forward right |
| 3,4,& | 3) step left on a diagonal left, 4) lock right behind left, &) step forward left |
| 5,&,6 | 5) traveling forward, making a ¼ turn over left shoulder, step right to right side, &) step left next to right, 6) making another ¼ turn over your left shoulder, step back on right foot |
| 7,&,8 | 7) making a ¼ turn over your left shoulder, step left next to left side, &) step right next to left, 8) making another ¼ turn over the left shoulder, step forward on the left foot. |

[9-16]: Kick R, Point L, Kick L, Point R, Sailor R, Sailor L with a ½ turn L

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|-------|----------------------------------------------------------------------------------------------------------|
| 1,&,2 | 1) kick right foot, &) step down on right foot to change weight, 2) point left foot |
| 3,&,4 | 3) kick left foot, &) step down on left foot to change weight, 4) point right foot |
| 5,&,6 | 5) step right foot behind left, &) step left foot, 6) step right foot next to left |
| 7,&,8 | 7) step left foot behind right, &) step right foot, 8) step left foot next to right with an ½ turn left. |

[17-24]: Body Roll Back 2x, Triple L Forward, Pivot R Turn

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|--------|------------------------------------------------------------------------------------------------------------------|
| 1,2 1- | 2) roll body from top to bottom with weight ending on the right foot |
| 3,4 3- | 4) roll body from top to bottom with weight ending on the right foot, tap left |
| 5,&,6 | 5) with an ½ turn step left foot forward toward the 9 o'clock wall, &) step right together, 6) step left forward |
| 7,8 | 7) step right foot forward, 8) pivot turn over the left shoulder to the 3 o'clock wall |

[25-32]: Jazz Box, Kick R, Left Tap Behind, ¾ Unwind

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|---------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1,2,3,4 | 1) Cross right foot over left, 2) step left foot behind right, 3) step right foot next to left, 4) step left foot above right foot (this should make a box/four corners with your feet). |
| 5,&,6 | 5) kick right foot, &) step down on right to change weight, 6) point left foot directly behind right (keep them close together). (Styling: you can do a kick or a heel touch) |
| 7,8 7- | 8) unwind/turn ¾ turn to the 6 o'clock. (Styling: add a bounce bounce as you turn for flare) |

RESTART: (8th wall)

This restart is on the 8th wall of the dance. Do steps 1-8 like normal. Do steps 9-16 like normal until the 16th count.

You will be leaving off the ½ turn L so that you will be squared up with the 6 o'clock wall to restart the dance on count 1.

ENDING:

At the end of the dance, finish with a spin back to the front facing wall.

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