

No Regrets In This Life (此生无憾)

COPPER KNOB
BY SHEETS

拍数: 32 墙数: 2 级数: Easy Intermediate
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音乐: Ci Sheng Wu Han (此生無憾) (國語女生版) - Jin Yu Er (金鈺兒)



No Tag, No Restart!

Intro : Start on Vocal!

Section 1 : 3/8L Diamond Fall Away, Syncopated Rock Fwd & 1/8R Side Rock, Sailor Side

12& Take a long step RF to R Side (1), 1/8L, Step LF Back (2), Step RF Back (&) (10.30)
34& 1/8L, Take a long step LF to L Side (3), 1/8L, Step RF Fwd (4), Step LF Fwd (&) (7.30)
5&6& Rock RF Fwd (5), Recover on LF (&), 1/8R, Rock RF to R Side (6), Recover on LF (&)
7&8 Step RF behind LF (7), Step LF beside RF (&), Step RF to R Side (8) (9.00)

Section 2 : Rock Back, Side, Behind, 1/4L Fwd, Fwd, Mambo 1/2L, 1/2L Back Locking Step, Together

1&2 Rock LF back (1), Recover on RF (&), Step LF to L Side (2)
3&4 Cross RF behind LF (3), 1/4L, Step LF Fwd (&), Step RF Fwd (4) (6.00)
5&6 Rock LF Fwd (5), Recover on RF (&), 1/2L, Step LF Fwd (6) (12.00)
7&8& 1/2L, Step RF Back (7), Lock LF over RF (&), Step RF Back (8), Step LF Next to RF (&)
(6.00)

S3: BASIC NC, SPIRAL 3/4 TURN R, FWD (X2), ROCK FWD, RECOVER, TOGETHER, FWD/SWEEP, CROSS, SIDE

12&3 Rf Big step side (1), close Lf slightly behind Rf (2), cross Rf over Lf (&), step Lf side make spiral 3/4 turn R keep weight on Lf (3) (3:00)
4&5 Step Rf fwd (4), step Lf fwd (&), rock Rf fwd (5)
6&7 Recover on Lf (6), step Rf next to Lf (&), step Lf fwd and sweep Rf from back to front (7)
8& Cross Rf over Lf (8), step Lf side (&)

S2: BACK, HITCH (4 FIGURE), CROSS BEHIND, 1/4R, FWD (X2), PIVOT 1/2 L, 1/2L, BACK/SWEEP, CROSS, BEHIND, SIDE, FWD, CLOSE

12&3 Step Rf back and hitch Lf make a 4 figure at the same time (1), cross Lf behind Rf (2), 1/4R step Rf fwd (&), step Lf fwd (6:00)
4&5 Step Rf fwd 1/2L (4), step Lf in place (&), 1/2L step Rf back and sweep Lf from front to back (5)
6&7 Cross Lf behind Rf (6), step Rf side (&), step Lf fwd (7)
8& Step Rf fwd (8), close Lf next to Rf (&)

Start again from beginning..

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