

No Man Is An Island

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 0 级数:
编舞者: Goffrey Mason (UK)
音乐: Calling (WIP 'Coeur De Lion' Edit) - Geri Halliwell



Sequence: AAB, Tag, AAB, BCA, BB

PART A

KICK BALL CHANGE TWICE, ROCK STEP, $\frac{3}{4}$ TURN RIGHT

1-4 Kick right forward, stepping right left, ball change, repeat
5-6 Rock forward on right, recover onto left
7&8 $\frac{3}{4}$ turn right, stepping right, left, right

KICK BALL CHANGE TWICE, ROCK STEP $\frac{1}{2}$ TURN LEFT

9-12 Kick left forward, stepping left right, ball change, repeat
13-14 Rock forward on left, recover onto right
15-16 $\frac{1}{2}$ turn left, stepping left, right, left

RIGHT SHUFFLE, LEFT SHUFFLE, ROCK STEP, COASTER STEP

17&18 Step forward right, step left beside right, step forward right
19&20 Step forward left, step right beside left, step forward left
21-22 Rock forward on right, recover onto left
23&24 Step back on right, step left beside right, step forward right

SIDE ROCK, TRIPLE IN PLACE TWICE

25-26 Rock left to left side, recover onto right
27&28 Triple step in place, stepping left, right, left
29-30 Rock left to left side, recover onto right
31&32 Triple step in place, stepping left, right, left

PART B

GRAPEVINE RIGHT, $\frac{1}{2}$ TURN RIGHT, TOUCH CROSS TOUCH CROSS TOUCH

1-4 Step right to right, step left behind right, step right to right, making $\frac{1}{2}$ turn right, touch left to left
5-6 Step left behind right, touch right to right
7-8 Step right behind left, touch left to left

HIP BUMPS OVER 8 COUNTS

9&10 Hip bumps left, bumping left, right, left
11&12 Hip bumps right, bumping right, left, right
13-16 Swaying hips, left, right, left, right

CROSS BEHIND, $\frac{1}{2}$ TURN, SAILOR, CROSS BEHIND, $\frac{1}{4}$ TURN, SAILOR

17-18 Cross left behind right, on ball of left make $\frac{1}{2}$ turn right, touching right slightly forward
19&20 Step right behind left, step left beside right, step right slightly forward
21-22 Cross left behind right, on ball of left make $\frac{1}{4}$ turn left, touching right slightly forward
23&24 Step right behind left, step left beside right, step right slightly forward

LEFT SHUFFLE, MAMBO STEP, CROSS UNWIND, WALK, WALK

26&26 Step forward left, step right beside left, step forward left
27&28 Rock forward on right, step slightly back left, step right beside left
29-30 Cross left behind right, unwind $\frac{1}{2}$ turn left

31-32 Walk forward right, walk forward left

TAG

1-8 Four ¼ paddle turns left
9-10 Rock forward onto right, recover onto left
11&12 Triple ½ turn right, stepping right, left, right
13-14 Rock forward on left, recover onto right
15&16 Triple turn left, stepping left, right, left

PART C

SIDE ROCK, CROSS SHUFFLE TWICE

1-2 Rock right to right, recover onto left
3&4 Cross right over left, step left beside right, cross right over left
5-6 Rock left to left, recover onto right
7&8 Cross left over right, step right beside left, cross left over right

SIDE ROCK TOE & HEEL, & SIDE ROCK TOE & STOMP

9-10 Rock right to right, recover onto left
11&12 Cross right over left, touching right toe forward, step slightly back on left, dig right heel forward
13-14 Rock left to left, recover onto right
15&16 Cross left over right, touching left toe forward, step slightly back on right, stomp left beside right

RIGHT SHUFFLE STEP ¼, LEFT SHUFFLE STEP ½

17&18 Step forward right, step left beside right, step forward right
19-20 Step forward left, turn ¼ turn right
21&22 Step forward left, step right beside left, step forward left
23-24 Step forward right, turn ½ turn left

GRAPEVINE RIGHT, TOUCH, ROLLING VINE LEFT, TOUCH

25-28 Step right to right, cross left behind right, step right to right, touch left beside right
29-32 Make full turn left, stepping left, right, left, touch right beside left

ROCK STEP, BACK LOCK STEP, BACK LOCK STEP, BACK ROCK STEP

33-34 Rock forward on right, recover on left
35&36 Step back right, lock left over right, step back right
37&38 Step back left, lock right over left, step back left
39-40 Rock back on right, recover on left

OUT, OUT, IN, IN, OUT, OUT, IN, IN

&41&42 Jump feet apart, right, left, jump feet together, right, left
&43&44 Jump feet apart, right, left, jump feet together, right, left
