

No Man's Land

COPPER KNOB
BY STEPHEN BENTZ

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Craig Bennett (UK)
音乐: No Man's Land - Beverly Knight



BACK ROCK RECOVER, COASTER STEP, ROCK ½ TURN, STEP ¾ PIVOT TURN

1&2 Rock back on right, recover onto left, step right to right side
3&4 Step back on left, step right beside left, step forward onto left
5&6 Rock forward on right, recover back onto left making ½ turn right and step forward onto right
7& Step forward onto left, make ½ turn left stepping back onto right
8 Make ¼ turn left stepping left to left side

HIP SWAYS, LEFT SHUFFLE FORWARD, STEP ½ PIVOT, ROCK ½ TURN RIGHT

1-2-3 Sway hips to right, sway hips to left, sway hips to right making ¼ turn left
4&5 Step forward onto left, close right in place, step forward onto left
6& Step forward onto right, pivot ½ turn left
7&8 Rock forward on right, recover back onto left, make ½ turn right stepping forward onto right

¼ TURN SIDE STEP, BACK ROCK SIDE, CROSS ¼ TURN, ¼ TURN, BACK ROCK SIDE, COASTER

1 Make ¼ turn right stepping left to left side
2&3 Rock back on right, recover onto left, step right to right side
4&5 Cross left over right, make ¼ turn left stepping back onto right, ¼ turn left stepping left to left side
6&7 Rock back onto right, recover onto left, step right to right side
8&1 Step back onto left, step right in place, step forward onto left

STEP ¼ TURN CROSS ROCK, RECOVER SWEEP HITCH, SAILOR ¼ TURN RIGHT, STEP ½ TURN SIDE

2&3 Step forward onto right, ¼ turn left stepping left to left side, cross rock right over left
4 Recover weight back onto left while hitching right knee

During wall 1 and wall 7 restart dance at this point

5&6 Step back onto right, make ¼ turn left stepping forward onto left, step forward onto right
7&8 Step forward onto left, pivot ½ turn right, step left to left side

REPEAT

RESTART

Restart on wall 1 after count 28

Restart on wall 7 after count 28, but this time hold the hitch for 2 extra counts before starting over