

Not A Day Goes By

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Phil Partridge (UK)
音乐: Not a Day Goes By - Lonestar



STEP SIDE, ROCK, RECOVER, SIDE BEHIND ¼, ½ TURN STEP, FULL TURN, WALK TWICE

1 Step left to left side
2&3 Rock back on right, recover on left, step right to right side
4& Step left behind right, ¼ turn right stepping forward right
5&6 Step forward left, ½ turn right stepping forward right, step forward left
7& ½ turn left stepping back right, ½ turn left stepping forward left
8& Walk forward right, left

MAMBO, SWEEP BACK, ROCK RECOVER ½ TURN, SWEEP COASTER, STEP ¼ TURN

1&2 Rock forward on right, recover back on left, small step back on right
&3 Sweep left foot round, step on left
4&5 Rock back on right, recover on left, ½ turn left sweeping left foot round
6&7 Step back on left, step right next to left, step forward left
8& Step forward right, ¼ turn left

CROSS SHUFFLE, ½ TURN CROSS, ROCK RECOVER, BEHIND, SWAY TWICE, BEHIND SIDE FORWARD

1&2 Cross right over left, step left to left side, cross right over left
&3& ¼ turn right stepping back left, ¼ turn right side stepping right, cross left over right
4&5 Rock right to right side, recover on left, cross right behind left
6-7 Sway left, sway right
8&1 Cross left behind right, side step right, step forward left

STEP ½ TURN, ½ TURN, SLIDE, LEFT LOCK TO RIGHT DIAGONAL, RIGHT LOCK TO LEFT DIAGONAL

2-3 Step forward right, ½ turn left
4 ½ turn left stepping back right slide in left keeping weight on right
5&6 To right diagonal, step forward left, lock right behind left, step forward left
7&8 To left diagonal, step forward right, lock left behind right, step forward right

CROSS BACK BACK TWICE, ROCK RECOVER, FULL TURN WALK TWICE

1&2 Cross left over right, step back on right, step back on left
3&4 Cross right over left, step back on left, step back on right
5-6 Rock back on left pointing right toe, recover forward on right

Restart from here on wall 2

7& ½ turn right stepping back left, ½ turn right stepping forward right
8& Walk forward left, right

MAMBO, FULL TURN, ROCK RECOVER, STEP SIDE, ROCK RECOVER

1&2 Rock forward on left, recover back on right, step back on left
3-4 ½ turn right stepping forward on right, ½ turn right stepping back on left
5-6 Rock back on right, recover forward on left
7-8& Step right to right side, rock back on left, recover forward on right

REPEAT

RESTART

Restart on wall 2, at front wall, after count 38

Restart on wall 5, at front wall, after first 6 counts as follows

1 Step left to left side

2&3 Rock back on right, recover on left, step right to right side

4& Step left behind right, $\frac{1}{4}$ turn right stepping forward right

5-6 Step forward left, $\frac{3}{4}$ turn right ending with weight on right

Restart dance from top
