

No Mans Land

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Craig Bennett (UK) - April 2007
音乐: No Man's Land - Beverly Knight : (Album: Music, City, Soul)



- Section 1 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
- Section 2 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
- Section 3 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
- Section 4 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
**** RESTARTS: 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

START AGAIN AND ENJOY!

**** RESTARTS:**

Wall 1 after count 4 in section 4

Wall 7 after count 4 in section 4 but this time HOLD the hitch for 2 EXTRA counts, start over