

No More Running Around

COPPER KNOB
STEPPERS

拍数: 40 墙数: 4 级数: Improver
编舞者: Leonard Hage (NL) - September 2006
音乐: No More Running Around - Pinchitos Caliente



Intro: 80 Counts.

MAMBO FORWARD, MAMBO BACK, STEP, 1/2 PIVOT, FORWARD SHUFFLE

1&2 Rock forward on Left, & Recover on Right, Step Left next to Right
3&4 Rock back on Right, & Recover on Left, Step Right next to Left
5 - 6 Step forward on Left, 1/2 Pivot right (6 O' Clock)
7&8 Step forward on Left, & Step Right next to Left, Step forward on Left

MAMBO FORWARD, MAMBO BACK, 1/2 PIVOT, FORWARD SHUFFLE

9&10 Rock forward on Right, & Recover on Left, Step Right next to Left
11&12 Rock back on Left, & Recover on Right, Step Left next to Right
13-14 Step forward on Right, 1/2 Pivot left (12 O'Clock)
15&16 Step forward on Right, & Step Left next to Right, Step forward on Right

STEP, 1/4 PIVOT, CROSS SHUFFLE, 1/4 TURN, 1/4 TURN, CROSS-ROCK

17-18 Step forward on Left, 1/4 Pivot right (3 O'Clock)
19&20 Cross-step Left over Right, & Step to right on Right, Cross-step Left over Right
21 - 22 Turn 1/4 left stepping back onto Right, 1/4 Turn left stepping to left on Left (9 O'Clock)
23&24 Cross-rock Right over Left, & Recover weight onto Left, Step Right to right

SWEEP WITH 1/2 TURN, TOUCH, CHASSE LEFT, SAILOR STEP, BEHIND, 1/4 TURN, STEP

25 - 26 Sweep/Swing 1/2 turn right with Left from back to front, Touch Left beside Right (9 O'Clock)
27&28 Step Left to left, & Close Right beside Left, Step Left to left
29&30 Cross Right behind Left, & Step Left to left, Step Right in place
31&32 Cross Left behind Right, & Step Right to right making 1/4 turn left, Step forward on Left (12 O'Clock)

WALK,WALK, STEP, 1/4 PIVOT, CROSS, HIP SWAYS, SIDE-ROCK, TOUCH

33 - 34 Step forward on Right, Step forward on Left
35&36 Step forward on Right, & Pivot 1/4 left, Cross Right over Left (9 O'Clock)
37- 38 Small step to left on Left swaying hips left, right
39&40 Rock to left on Left, & Recover weight onto Right, Touch Left beside Right

Begin again.

FINALE: During last (8th) wall, section 2 dance up to count 16 then add the following steps

1-4 Small step to left on Left swaying hips Left, Right, Left, Right
5&6 Step forward on Left, & Lock Right behind Left, Step forward on Left
7&8 Step forward on Right, & Lock Left behind Right, Step forward on Right
9&10 Cross rock Left over Right, & Recover onto Right, Step Left to left
11&12 Cross rock Right over Left, & Recover onto Left, Step Right to right
13 - 16 Cross Left over Right and unwind 314 right over 3 counts to finish facing front