

# No Chains

COPPER KNOB  
BY STEPHEN

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Ria Vos (NL) - June 2008  
音乐: Independence Day - Gabrielle : (Album: Rise)



Start after 40 counts just before vocals

## Rock Fwd, Together, Pivot ¼ Turn R, Cross, ¼ Turn L, ½ Turn L, Rock Fwd, Diagonal Back-Lock-Back

1-2&      Rock forward on R, recover on L, step R next to L  
3&4      Step forward on L, pivot ¼ turn right, cross step L over R  
5&      ¼ Turn left -step R back, ½ turn left -step L forward  
6-7      Rock forward on R, recover on L  
&&&      Step R back to R diagonal, lock L in front of R, step R back to R diagonal

## Side Rock, Together, Side Rock with ¾ Turn L, Rock Behind, ¼ Turn R, ¼ Turn R, Cross, Brush-Hitch

1-2&      Rock L to left side, recover on R, step L next to R  
3&4      Rock R to right side, ¼ turn left -recover on L, ½ turn left step R back  
5-6      Cross rock L behind R, recover on R  
&7      ¼ Turn right -step L back, ¼ turn right -step R to right side  
&8      Cross step L over R, brush R forward into a small hitch (this is a fluent movement)

## Rock Behind, & Side Rock-Cross, Side, Rock Behind, & Side Rock-Cross, ¾ Turn R

1-2      Rock R behind L (push R shoulder back), recover on L  
&3      Rock R to right side, recover on L  
&4      Cross step R over L, big step L to left side  
5-6      Rock R behind L (push R shoulder back), recover on L  
&7      Rock R to right side, recover on L  
&8      Cross step R over L, ¼ turn right -step back on L

-continue turn with ½ turn right on L -hook R in front of L\*\*\*Restartpoint

## Step Fwd, Rock Fwd, Coaster Step, Sweep ¼ Turn L, Cross, Side, Sailor ½ Turn R, Lock behind

1      Step forward on R  
2&      Rock forward on L, recover on R  
3&4      Step L back, step R next to L, Step L forward  
5-6      Sweep R into ¼ turn left -cross step R over L, step L to left side  
7&8      Step R behind L, ½ Turn R step L together, step R forward  
&      Lock step L behind R

Restart: On 4th wall after count 24, Restart at count 1. (9:00)