

No More Tears

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Francien Sittrop (NL) - March 2010
音乐: Thank You for the Heartbreak - Sugababes : (Album: Sweet 7)



Intro : Start after 32 counts from the beginning, On Vocals

(1 – 8) Walks x2, Out Out, Hold, Ball Walk Walk, R Shuffle fwd

1 - 2 Walk L , R
&3 Step L out, Step R out
4 Hold
&5-6 Step L next to R, Step R fwd , Step L fwd
7 & 8 Step R fwd, Step L next to R, Step R fwd

(9-16) Step fwd, Touch fwd, Touch Back, ½ R, Step fwd, Sailor step ½ R, Hitch

1 – 2 Step L fwd, Touch R Fwd
3 – 4 Touch R Back, ½ Turn R step R fwd (6.00)
5 Step L fwd
6 & 7 Sweep R behind L with ½ Turn R , Step L to L side, Step R to R side (12.00)
8 Hitch Left (****Restart wall 2)

(17-24) Cross Rock, Recover, Shuffle ½ L, Side rock, Recover, Cross Shuffle

1 – 2 Rock L across R, Recover on R
3 & 4 Shuffle ½ Turn L with L,R,L (6.00)
5 – 6 Rock R to R side, Recover on L
7 & 8 Step R across L, Step L to L side, Step R across L

(25-32) Side., ¾ Turn R , Rock fwd , Recover , Coaster step

1 – 2 Step L to L side, ¼ Turn R slide R to R side (9.00)
3 – 4 ¼ Turn R slide L to L side (12.00), ¼ turn R slide R to R side (3.00)
5 – 6 Rock L fwd, Recover on R
7 & 8 Step L back , Step R next to L, Step L fwd

(33-40) Cross , Side, Sailor Heel & Cross , Side, ¾ Triple Turn L

1 – 2 Step R across L, Step L to L side
3 & 4 Step R behind L, Step L to L side, Touch R heel fwd
&5-6 Step R next to L ,Step L across R , Step R to R side
7 & 8 ¾ Triple Turn L (6.00)

(41-48) Touch, Hold, ¼ R , Touch L fwd, Hold, Ball Step, Touch Side, ¼ Turn R Hitch, R Shuffle fwd

1 – 2 Touch R to R side, Hold
&3-4 ¼ Turn R and step R next to L, Touch L fwd, Hold (9.00)
&5-6 Step L next to R, Touch R to R side, ¼ Turn R and Hitch R and flick R heel across L
7 & 8 Step R fwd, Step L next to R, Step R fwd (**** Restart wall 4)

(49-56) Diagonally Kicks x2 , Coaster Step, Side, Hold , Ball, Touch, ¼ Turn R Hitch

1 – 2 Kick L diag. R, Kick L diag L
3 & 4 Step L back, Step R next to L, Step L fwd
5 – 6 Step R to R side, Hold
&7-8 Step L next to R, Touch R to R side, ¼ Turn R and Hitch R and flick R heel across L (3.00)

(57-64) Shuffle fwd, Step Fwd, Pivot ½ R, Step Fwd, full Turn L, Step Fwd

1 & 2 Step R fwd, Step L next to R, Step R fwd
3 – 4 Step L fwd, Pivot ½ Turn R (9.00)
5 – 6 Step L fwd , ½ Turn L step R back (3.00)
7 – 8 ½ Turn L step L fwd, Step R fwd (9.00)

Restarts:

During wall 2 after count 16 . Start again with count 1 . This will be wall 3

During wall 4 after count 48 . Start again with count 1. This will be wall 5

Ending: Dance last wall (8) up to count 54 (Pivot ½ R), add These 2 steps :Step L fwd, Pivot ½ Turn R to front wall

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