

# 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**

**Website : <http://www.franciensittrop.nl>**

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