

No Es Una Novelas

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Easy Intermediate
编舞者: Ayu Permana (INA) - September 2011
音乐: No Es una Novela - Monchy & Alexandra : (Album: Bachata Hits 2007)



The dance start after 32 counts intro

NOTE ... : Normally (64 count) the dance ends when facing 03.00, then start again the next wall by adding ¼ turn right stepping back on R

Except when doing restarts

The dance has 3 restarts:

- First: 2nd wall after count 24 (restart the dance by adding ¼ turn left stepping back on R)
- Second: 4th wall after count 48 (restart the dance on the same wall after the last count)
- Third: 5th wall after count 56 (restart the dance on the same wall after the last count)

SECTION 1. ROCK, RECOVER, FORWARD, TOUCH

- 1-2-3-4 Step/rock back on R, recover on L, step R forward, touch L to left side (L hip bump)
5-6-7-8 Step/rock L forward, recover on R, step back on L, touch R to right side (R hip bump)

SECTION 2. WALK, ½ TURN, FLICK, WALK, ¼ TURN, FLICK

- 1 - 2 Step R forward, step L forward
3 - 4 ½ turn right step R forward, flick back on L (06.00)
5 - 6 Step L forward, step R forward
7 - 8 ¼ turn right step L to side, flick back on R (09.00)

SECTION 3. R SHUFFLE, TOUCH, L SHUFFLE, TOUCH

- 1-2-3 Step R forward diagonally right, step L beside R, step R forward (10.30)
4 Touch L to left side (L hip bump) (09.00)
5-6-7 Step L forward diagonally left, step R beside L, step L forward (07.30)
8 Touch R to right side (R hip bump) (09.00)

SECTION 4. ROCK, RECOVER, SHUFFLE TURN, (RIGHT & LEFT) SIDE & TOUCH

- 1 - 2 Rock R forward, recover on L
3 - 4 ½ turn right step R forward, ¼ turn right step L to side (06.00)
5 - 6 (Bending both knees) Step R to side, (raise both knees) touch L toe to side (L hip bump)
7 - 8 (Bending both knees) Step L to side, (raise both knees) touch R toe to side (R hip bump)

SECTION 5. (4X) TURN AND TOUCH

- 1 - 2 ¼ turn right step R in place, touch L toe to side (L hip bump)
3 - 4 ¼ turn right step L to side, touch R toe in place (R hip bump)
5 - 6 ¼ turn right step R in place, touch L toe to side (L hip bump)
7 - 8 ¼ turn right step L to side, touch R toe in place (R hip bump) (06.00)

SECTION 6. (2X) STEP-CROSS-CROSS-TOUCH

- 1 - 2 Step R to side, cross L behind R
3 - 4 Cross R over L, touch L toe to side (L hip bump)
5 - 6 Step L to side, cross R behind L
7 - 8 Cross L over R, touch R toe to side (R hip bump)

SECTION 7. (2X) PIVOT AND FLICK

- 1 - 2 Step R forward, ½ turn left (weight on L) (12.00)
3 - 4 Step R forward, flick back on L
5 - 6 Step L forward, ½ turn left (weight on R) (06.00)

7 - 8 Step L forward, flick back on R

SECTION 8. ROCK, RECOVER, TURN, (2X) CROSS-TOUCH

1 - 2 Step/rock R forward, recover on L

3 - 4 Step R beside L, $\frac{1}{4}$ turn left step L forward (03.00)

5 - 6 Cross R over L, touch L out to left side

7 - 8 Cross L over R, touch R out to right side

REPEAT
