

I'm No Stranger

COPPER KNOB
BY STEPHEN

拍數: 40 牆數: 4 級數: Improver
編舞者: Caroline Cooper (UK) - January 2015
音樂: I'm No Stranger to the Rain - Keith Whitley



Intro 16 Count (Start On Vocals)

Sec 1: □ SIDE TOGETHER STEP BACK, CHASSE LEFT, WALK FORWARD R & L, CHASSE RIGHT

1&2 Step R to R side, close L next to R, step back R
3&4 Step L to L side, close R next to L, step L to L Side
5-6 Step forward R & L
7&8 Step R to R side, close L next to R, step R to R side

Sec 2: □ BACK ROCK SIDE, BACK ROCK SIDE, BEHIND SIDE CROSS, HEEL HOOK STEP

1&2 Rock L behind R, recover weight, step L to L side
3&4 Rock R behind L, recover weight, step R to R side
5&6 Step L behind R, step R to R side, cross L over R
7&8 Tap R heel forward, hook across in front of L shin, step R foot down (take weight R)

Sec 3: □ CROSS BACK HEEL, & CROSS BACK HEEL, & CROSS, SIDE, BEHIND ¼ STEP

1&2& Cross L over R, step back R, tap L heel on L diagonal, step down on L
3&4& Cross R over L, step back L, tap R heel on R diagonal, step down on R
5-6 Cross L over R, step R to R side
7&8 Step L behind R, ¼ R stepping forward R, step forward L

Sec 4: □ WALK FORWARD R & L, MAMBO, SHUFFLE ½ TURN L, R KICK BALL CHANGE

1-2 Walk forward R & L
3&4 Step forward R, bring L next to R, step back on R
5&6 ½ L shuffle, LRL
7&8 Kick R forward, step down R, take weight L

Sec 5: □ R SIDE ROCK CROSS, L SIDE ROCK CROSS, ¼ R ¼ R, R KICK BALL CHANGE

1&2 Rock R to R side, recover weight, cross R over L
3&4 Rock L to L side, recover weight, cross L over R
5-6 ¼ R stepping forward R, ¼ R stepping L to L side
7&8 Kick R forward, step down R, take weight L