

No Regrets

COPPER KNOB
STEPPEDETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Kate Moore Simpkin (AUS), Charlie Mifsud (AUS) & Jackie McIlrick (AUS) - April 2013
音樂: Tomorrow - Chris Young : (Album: Neon - iTunes - 3:40)



Starts after 16 count intro on lyrics, weight on left.

[1-8] □ Walk R, Walk L, Pivot ½ R, Forward L, Back R, ½ L, Forward R, Back L, 1 ½ Turns R, Forward L, Together, L

1,2&3,4&5 Step R forward, Step L forward, Pivot ½ turn R, Step L forward, Step back on R, Making ½ turn L, Step L forward, Step R forward (12:00)

6&7&8&1 Step back on L, Making ½ turn R step R forward, Make ½ turn R step back on L, Making ½ turn R, Step R forward. Step forward L, Step L together next to R, Step forward L, (6:00)

[9-16] □ R Back Coaster, Step Sweep L, Step Sweep R, Back L, ¼ R, Cross L Over R, ¼ L, ½ L, ¼ L

2&3, 4, 5 Step back on R, Step L next to R, Step forward on R, Step sweep L, Step sweep R

6&7 Step back L, Making ¼ turn R step R to R side, Cross L over R

8&1 Making ¼ turn L step R back, Making ½ turn L step L forward, Making ¼ turn L Step R to side L slightly towards R (9:00)

[17-24] Step L Behind Side Cross, ½ R, Full Turn L, Step R Behind Side Cross

2&3,4 Step L behind R, Step R to R side, Cross L over R, Make ½ turn R (Keeping weight on L foot) (3:00)

5, 6 Keeping weight on L full turn L while hitching R leg slightly (count 5), Step R to R side (count 6) (3:00)

7&8 Step L behind R, Step R To R side, cross L over R (3:00)

[25-32] Sway Hips R, L Cross Shuffle, ¼ R, ¼ R, Cross L Over R, ¼ L, ¼ L, ¼ R, ¾ R

1, 2, 3&4 Sway hip R, Sway hip L, Cross shuffle R, L, R (3:00)

&5,6&7,8& Making a ¼ Turn R step back on L, making a ¼ turn R step R to R side (9:00) Cross L over R, Making ¼ turn L step R back, Making ¼ turn L step L to L side while dragging R slightly to L (3:00) Making ¼ turn R step R forward, Make ¾ turn R on ball of L foot while slightly crossing R across L (3:00)

[32]

TAG 1: At the end of walls 2, 4, 6 dance the first 8 counts which returns you to the front wall to restart the dance (you dance the first 8 counts twice) (12.00)

TAG 2: At the end of wall 5 sway hips R, L (3.00)

Southern Cross Line Dancers

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