

No More Tears On The Dancefloor

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - April 2017
音樂: No More Tears on the Dancefloor - Steps



Start after 64 count intro 32 secs in – 123bpm – 3mins 47secs - with No Tags Or Restarts
Music Available: Amazon

[1-8] L fwd, R kick ball step, R fwd, L fwd, ¼ R pivot turn, L together, R side rock/recover

1, 2&3 Step L forward, kick R forward, step R together, step L forward
4 Step R forward
5-6& Step L forward, pivot ¼ right (3 o'clock), step L together
7-8 Rock R side, recover weight on L

[9-16] R fwd rock/recover, R & L back/apart, R back, L & R sailors travelling slightly back

1-2 Rock R forward, recover weight on L
&3-4 Step R back and apart, step L out, step R back
5&6 Cross step L behind R, step R side, step L side
7&8 Cross step R behind L, step L side, step R side

[17-24] L touch back, ½ L reverse pivot, R fwd & ½ L chase turn, travel fwd ½ R, ½ R, L fwd shuffle

1-2 Touch L back, turning ½ left step L down (9 o'clock)
3&4 Step R forward, pivot ½ left, step R forward in extended 5th position (3 o'clock)
5-6 Travelling forward turn ½ right step L back, turning ½ right step R forward (or walk fwd L,R)
(3 o'clock)
7&8 Step L forward, step R together, step L forward

[25-32] ¼ L, R side, L hitch ball cross, ¾ R, L fwd kick ball step, heel twist R & centre

1-2 Turning ¼ left step R side, hitch L knee up (12 o'clock)
&3-4 Step L slightly back, cross step R over L, turning ¼ right step L back (3 o'clock)
5-6 Turning ½ right step R forward, kick L forward (9 o'clock)
&7 Step L back, step R forward (ending with feet placed R diagonally in front of L)
&8 With weight on both feet twist heels right, twist heels back to centre with weight ending on L

[33-40] R coaster step, L fwd shuffle, R fwd, ¼ L pivot turn, R together, L side, R touch together

1&2 Step R back, step L together, step R forward
3&4 Step L forward, step R together, step L forward
5-6 Step R forward, pivot ¼ left (6 o'clock)
&7-8 Step R together, step L side, touch R together

[41-48] Syncopated R & L side rock/recovers, L together, R fwd, ½ L pivot turn, ½ L turning shuffle back

1-2& Rock R side, recover weight on L, step R together
3-4& Rock L side, recover weight on R, step L together
5-6 Step R forward, pivot ½ left (12 o'clock)
7&8 Turning ½ left step R back, step L together, step R back (6 o'clock)

[49-56] L coaster cross, ½ L hinge, R crossing shuffle, L side rock/recover

1&2 Step L back, step R together, cross step L over R
3-4 Turning ¼ left step R back, turning ¼ left step L side (12 o'clock)
5&6 Cross step R over L, step L side, cross step R over L
7-8 Rock L side, recover weight on R

[57-64] L behind/side/cross, R side rock/recover, R sailor, L fwd, ½ R pivot turn

1&2 Cross step L behind R, step R side, cross step L over R
3-4 Rock R side, recover weight on L
5&6 Cross step R behind L, step L side, step R side
7-8 Step L forward, pivot ½ right (6 o'clock)

Keep dancing until the end of the track when you will finish facing front wall & just strike a pose!

Website: www.thedancefactoryuk.co.uk - Email: info@thedancefactoryuk.co.uk

Please Note: we like to check and approve all Videos of our dances before they are linked to this site.- A&P
