

No Regrets

COPPER KNOB
BY STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Donna Manning (USA) - June 2017
音樂: What Ifs (feat. Lauren Alaina) - Kane Brown



*4 count Tag /Restart 16 counts into wall 9 (3x from the front)

Intro: 16 counts – start on hurt...

Sec 1(1-8) □ Step-Sway, Recover, Coaster, Pause

1-2, 3-4 Step L back settling into L hip raising R toe(1-2), recover weight fwd to R using both counts (3-4)
5,6,7,8 Step L back, bring R to L, step L fwd, pause (12:00)

Sec 2 (9-16) □ ¼ L, Cross, Side, Cross, ¼ R Step, Step, ¼ R, Cross

1,2,3,4 ¼ L stepping R to R side, cross L over R as you bend both knees lowering body, R to R side, cross L over R as you bend both knees lowering body (9:00)
5,6,7,8 ¼ R stepping R fwd (12:00), step L fwd, ¼ turn R taking weight to R, Cross L over R (3:00)

Sec 3 (17-24) □ Side, Together, Swivels R-L-R-L w/ ¼ turn R, Lift, Step

1,2 Step R to R side (leaving both toes to R diagonal), bring L to R
3,4,5,6 Swivel heels R, L, R, L making ¼ turn R leaving weight back on the L
7,8 Lift R like to were going to back up stepping over a small pile(use the entire beat), step R back (6:00)

Sec 4 (25-32) □ Back Rock, Recover, Step, Sweep, Step, ¼ Turn R Sweep, Rock, Recover

1-2 Rock back on L, recover to R
3,4, 5,6 Step L fwd, sweep R from back to front, step down on R, sweep L back to front making ¼ turn R(9:00)
7-8 Step down on L into the rock, recover to R

TAG: □ Sway R for 1-2, recover to L on 3, bring R to L on 4 - RESTART

Intermed, options: to help facilitate the full turn beginning- in the intro catch count 15 do a L rock fwd, 16 recover to R

Sec 1: □ □ Step, ½ L pirouette on ball of L for 1-2

** Use counts 15 -16 of intro to help*** count 1 – make a ½ turn L stepping down on L (6:00) -keep this step small

Bring R instep to L ankle as you make ½ turn L on the ball of the L completing the full turn

Step R fwd on count 3 and continue this section as before

Sec 2 □ □ NO changes

Sec 3 □ □ Use counts 1-2 to square to wall not on an angle

3-4 R swivet – weight on heel of R, ball of L swivel unweighted parts to outside, Bring feet back to center – change weight to heel of L, ball of R
5-6 L swivet – unweighted parts to outside, Bring feet back to center – change weight to heel of R and ball of L

Into Sec 4 □ 7-8 & 1-2-3: ¼ turn R heel grind using ball of L (7), push off R heel stepping L back (8), step R back to L (&), Step L back (1), bring R to L (2), step L fwd (3) CONTINUE WITH END OF DANCE

Have FUN!!

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