

No More, No More

COPPER KNOB
STEPSHEETS

拍數: 96 牆數: 2 級數: Phrased Easy Intermediate
編舞者: Forty Arroyo (USA) - May 2018
音樂: Hit The Road Jack - Ray Charles : (original 60s recording)



Sequence: A, A, B, A, A, B(1-16), Bridge, B(17-32), A to end

PART A (CHORUS - HIT THE ROAD JACK)

[1-8] STEP, HOLD, STEP, HOLD, STEP, HOLD, STEP, LOW KICK

1-4 Step R forward, Hold, L forward & in front of R , Hold
5-6 Step R forward & in front of L, Hold, ,Step L forward & in front of R, Low kick R forward

[9-16] CROSS, STEP, STEP, KICK, CROSS, STEP, STEP, HOLD

1-4 Traveling back – Cross R over L, Step back on L, Step on R, Low kick with L
5-8 Traveling back – Cross L over R, Step back on R, Step back on L, Hold

[17-24] SIDE TOE HEEL STRUTS, CROSS TOE HEEL STRUT, ROCKING CHAIR

1-2 Touch R toes – small step to R, Drop R heel
3-4 Touch L toes across and in front of R, Drop L heel
5-8 Rock forward on R, Recover weight on L, Rock back on R, Recover weight on L

[25-32] SLOW JAZZ BOX WITH ¼ (Toe/Heels)

1-2 Touch R toes across & in front of L, Drop R heel,
3-4 Making ¼ turn to right - Touch L toes slightly back, Drop L heel
5-6 Touch R toes to side, Drop R heel
7-8 Touch L toes slightly forward, Drop L heel

(33-64) REPEAT PART A – STEP 1 -32

Part B

[1-8] TAP, STEP, TAP, STEP, Do the TWIST

1-2 Tap R toes to right diagonal, Step R in place
3-4 Tap L toes to left diagonal, Step L in place
5-8 Do the twist for 4 counts or swivel both heels – L, R, L, R – shift weight onto L

[9-16] LOCK STEPS – RIGHT AND LEFT

1-4 Step R forward - right diagonal, Lock L behind, Step forward R – right diagonal, Hold
5-8 Step L forward – left diagonal, Lock R behind, Step L forward – left diagonal, Hold

NOTE – BRIDGE HAPPENS HERE the second time you do B (at 12:00 o'clock)

[17-24] BACK, TOUCH, BACK, TOUCH, BACK, TOUCH, TOUCH, HOLD

1-2 Step R back – right diagonal, Touch R next to L
3-4 Step L back – left diagonal, Touch L next to R
5 Step R back

a 6 Touch L toes next to R, Touch L toes out to side

7-8 Hold for 2 counts

[25-32] STEP, HOLD, ½ PIVOT, HOLD, STEP BACK ½ TURN, TAP TWICE, HOLD

1-4 Step L forward , Hold, Pivot ½ to right, Hold
5 Step back on L turning ½ to right
6-7 Touch R toes in front of L twice
8 Hold

Bridge**SIDE, CLOSE, SIDE, TOUCH, SIDE, CLOSE, SIDE, TOUCH**

1-4 Step R to side, Step L next to R, Step R to side, Slide & touch L next to R

5-8 Step L to side, Step R next to L, Step L to side, Slide & touch R next to L

SKATE

1-2 Step R to side, Sweep & touch L next to R

3-4 Step L to side, Sweep & touch R next to L

5-6 Step R to side, sweep & touch L next to R

7-8 Step L to side, Sweep & touch R next to L

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