

No More Lonely Night

COPPER KNOB
STEPSHEETS

拍數: 40 牆數: 4 級數: Phrased Intermediate
編舞者: Rex Chuan (USA) - March 2022
音樂: No More Lonely Nights - Paul McCartney



Tags: 1 - Restarts: 2

Start: There is no instrumental intro, so skip the first four counts of vocal and use it as hint to start at count 5 (or 4).

Sequence :A,t,A,B,A,A,B,A, A12,A,B,A,A12,t,t,A12,t,t,A,A,A,A16 (Don't panic, just match the music and over time it becomes intuitive)

Part A (28 counts)

S1: Forward, Kick Ball Change, Hitch, Back, Rock Recover, Forward, Pivot Turn

12&3 Step LF forwards(1), kick RF forwards(2), ball step RF in place(&), step LF forwards(3)
45678 Hitch RF(4), push step RF backwards(5), rock LF backwards(6), R quarter turn and recover weight on RF(7), step LF forward(8) and pivot R half turn for next step (9:00)

S2: Forward, Shuffle Turn, Rock Recover, Side Tap, Sway Tap, Side, Tap

12&3 Step RF forwards(1), step LF forwards(2), R quarter turn and step RF in place(&), R quarter turn and step RF in place(3)
456 Rock RF backwards(4), recover LF(5), tap RF R(6)
7&8& Weigh on RF(7), tap LF together(&), R quarter turn and step LF L(8), tap RF together(&) (6:00)

S3: Back Slide, Hook, Forward, Lock Step, Forward, Forward Lock Step, forward, forward, Hitch, Swivel Forward, Rock Recover

12&3&4& Push step RF backwards(1), hook LF(2), step LF forwards(&), step LF forwards(3), lock RF in(&), step RF forwards(4), lock LF in(&)
5678& Step RF forwards(5), hitch LF and R swivel half turn(6), step LF forwards(7), rock RF R(8), recover(&) (12:00)

S4: Jazz Box With Turn, Lock Step

1234& Cross RF(1), R quarter turn and step LF backwards(2), Rock RF backwards(3), recover(4), lock RF in(&,*in case of connecting to part B, skip this step) (3:00)

Part B (12ct +2ct tag)

S1: Side Tap, Flick, Side, Together, Cross, Side Tap, Flick Side, Together, Cross

1&234 Tap RF R(1), flick RF(&), step RF R(2), step LF together(3), cross RF(4)
5&678 Tap LF L(1), flick LF(&), step LF L(2), step RF together(3), cross LF(4) (12:00)

S2: Forward, Hitch Swivel, Back, Forward, Forward, Pivot Turn

123456 R quarter turn and step RF forwards(1), hitch LF(2) and swivel R half turn, step LF backwards(3), step RF backwards(4), step LF forwards(5), step RF forwards(6) and swivel L half turn for next step (12:00)

Tag(2 Counts): Step LF forwards(1), step RF forwards (2) and swivel L half turn ready for next step

Enjoy the dance!