

Oh Na Na (No Promises)

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 2 級數: Phrased Intermediate
編舞者: Sawaludin (INA) - March 2023
音樂: No Promises (feat. Demi Lovato) - Cheat Codes



Intro : 16 Count - No tag, No restart

Sequence : AA-BB-AAA-BB-AA-BB-AAA(16)

Part A (32 count)

I. SCUFF, OUT-OUT, BEND KNEE, KICK, ¼ R COASTER CROSS, HOLD, SIDE, CROSS

1&2 R scuff forward(1), R step out(&), L step out(2)
3 - 4 R knee in (3), Kick R forward (4)
5&6 Step R back (5), step L next to R (&), ¼ turn R cross R over L (6)
7&8 Hold (7), step L to side(&), cross R over L (8) 09.00

II. ¼ L, ½ L, SAILOR STEP, HEEL SWITCHES, SWIVEL HEELS

1 - 2 ¼ turn L step L forward (1), ½ turn L step R back (2)
3&4 Cross L behind R (3), step R to side (&), step L to side (4)
5&6& Touch R heel forward (5), step R next to L (&), touch L heel forward (6), step L next to R (&)
7&8 Step R forward (7), both heel out (&), both heel back to centre (8) 06.00

III. DOROTHY R-L, ½ L PIVOT, ½ L BACK SWEEP, BACK SWEEP

1-2& Step R to R diagonal (1), lock L behind R (2), step R to R diagonal (&)
3-4& Step L to L diagonal (3), lock R behind L (4), step L to L diagonal (&)
5 - 6 Step R forward (5), ½ turn L step L in place(6)
7 - 8 ½ turn L step R back and sweep L to back (7), step L back and sweep R to back (8) 06.00

IV. BACK HITCH, FORWARD LOCK SHUFFLE & HITCH 2X, COASTER STEP, FORWARD, CLOSE

1 - 2 Step R back and hitch L (1) , step L forward (2)
3&4 Lock R behind L and hitch L (3), step L forward (&), Lock R behind L and hitch L (4)
5&6 Step L back (5), step R next to L (&), step L forward (6)
7 - 8 Step R forward (7), step L next to R (8) Part B (16 count) 06.00

PART B (16 COUNT)

I. ¼ L TOUCH & BODY ROLL, COASTER STEP, ½ L PIVOT, ¼ L PIVOT, DRAG, CLOSE

1 - 2 ¼ turn L touch R back with body roll (1), step R in place (2)
3&4 Step L back (3), step R next to L (&), step L forward (4) 03.00
5 - 6 Step R forward (5), ½ turn L step L in place (6)
7 - 8 ¼ turn L step R to side and drag L (7), step L next to R (8) 06.00

II. DODGE, ¼ L, ¼ L, BACK SWEEP, BEHIND, SIDE, CROSS, UNWIND

1&2 Kick R forward (as you Lift up R hand making a fist with elbow bended next to right shoulder and bring down L hand making a fist with elbow bended next to L hip) (1), step R to side with kick L to Diagonal (as you move your hands the opposite of count 1) (&), touch Cross L behind R (as you move your hands the same as count 1) (2)
3 - 4 ¼ turn L step L forward, (3), ¼ L step R to side (4)
5 6& Step L back and sweep R to back (5), cross R behind L (6), step L to side (&)
7 - 8 Cross R over L, ½ turn L unwind 06.00

Enjoy Your Dance!!!

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