

No Lie

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: BGC (INA) - April 2023
音樂: No Lie (feat. Dua Lipa) - Sean Paul



NO TAG, NO RESTART

INTRO : 16 count

S1 = R FWD MAMBO , L BACK MAMBO, WHISK R-L

1-&2 Rf fwd Rock (1), Recover(&)Together(2)
3-&4 Lf back Rock (3), Recover(&)Together(4)
5-&6 Step right to right (5), Cross L Behind R (&), Recover On R (6) ,
7-&8 Step L To L(7), Cross R Behind L (&), Recover On L (8)

S2 = CROSS SHUFFLE , ½ TURN CROSS SHUFFLE, V STEP with Shimmy

1-&2 Cross R over L(1), Step L to left side(&), cross R over L(2)
3-&4 ½ turn left cross L over R(3), Step R to right side(&), cross L over R(4)
5-6 Rf fwd out(5), Lf fwd out(6)
7-8 Rf back(7), Lf together(8)

S3 = STEP, LOCK, FWD SUFFLE , FWD ROCK STEP, SAILOR with ¼ turn to L

1-2 Rf step fwd(1), Lf lock(2)
3-&4 Rf fwd step(3) , together(&) , Rf fwd step(4)
5-6 Lf fwd(5) , Rf recover(6)
7-&8 Lf turn ¼ to L(7) , Rf out(&) , Lf out(8)

S4 = R SIDE ROCK, CROSS SUFFLE to L, L SIDE ROCK, CROSS SUFFLE to R

1-2 Rf side rock(1), recover(2)
3-&4 Cross R over L(3), Step L to left side(&), cross R over L(4)
5-6 Lf side rock(5), recover(6)
7-&8 Cross L over R(7), step R to Right side(&), cross L over R(8)

Enjoy!!
