

No More Good Nights

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 2 級數: Improver
編舞者: Mona Leth (DK) - October 2023
音樂: No More Good Night Songs - Kirsti Carr : (iTunes)



NO TAG – NO RESTART

Intro: 16 Count

Ending: In section 2: Replace Kickball Step with just a step forward....

Section 1: Shuffle Diagonally R and L , Forward Rock, Coaster-step.

1&2 Step Right diagonally Right forward (1.30), close Left next to Right, step Right forward
3&4 Step Left diagonally Left forward (10.30), close Right next to Left, step Left forward
5-6 Rock forward on Right, recover on Left.(12.00)
7&8 Step Right back, close Left next to Right, Step Right forward

Section 2: Forward Rock , Shuffle ½ turn Left, Step ½ turn L, R Kickball Step

1-2 Rock forward on Left, recover on Right
3&4 Shuffle ½ turn Left stepping Left, Right, Left (6.00)
5-6 Step forward Right, turn ½ Left, (12.00)
7&8 Kick Right, close Right to Left, step forward Left. (Ending here : do instead a Step forward on Right)

Section 3:- Cross Back, ¼ turn Shuffle, Cross Back, Shuffle ¼ turn.

1-2 Cross Right over Left, Step back on Left
3&4 Make a ¼ right and shuffle to the right stepping Right, Left, Right (3.00)
5-6 Cross Left over Right, Step back on Right
7&8 Shuffle to the left stepping Left, Right, ¼ turn left. (12.00)

Section 4: Forward Rock, Ballstep Back Right, step back Left-right, Coaster, Step ¼ turn Left.

1-2 Rock Forward On Right, Recover On Left,
&3-4 Close Right to Left (&), Step Back Left, Step back Right
5&6 Step Left back, close Right next to Left, Step Left forward
7-8 Step Forward Right, Turn ¼ turn Left, (Weight on Left) (9.00)

Section 5: Cross Point, Behind-side-cross, Side Rock, Behind-side-forward

1-2 Cross Right over Left, Point Left to the Left,
3&4 Cross Left behind Right, Step Right to the Right, Cross Left over Right
5-6 Rock Right to the Right, Recover on Left
7&8 Cross Right behind Left, Step Left to the Left, Step Right forward.

Section 6: Rock forward, Shuffle ½ turn L, Full Turn L, Mambostep

1-2 Rock Left forward, Recover on Right.
3&4 Shuffle ½ turn Left stepping Left, Right, Left (3.00)
5-6 Turn ½ left stepping back on Right, turn ½ left stepping forward on Left
7&8 Rock forward on Right, Recover on Left, Close Right to Left

Section 7: Step back L, Step back R, Sailorstep L, Sailorstep ¼ turn R, Shuffle forward L.

1-2 Step Back on Left, Step back on Right.
3&4 Cross Left behind right, close Right to Left, Step Right to the Right
5&6 Cross Right behind Left, close Left to Right, turn ¼ right and step forward on Right (6.00)
7&8 Shuffle forward Left-right-Left.

Section 8: R Jazzbox with a Scuff, L Jazzbox with a touch

1-2-3-4 Cross Right over Left, Step back on Left, Step to the Right on Right, Scuff beside Right with Left

5-6-7-8 Cross Left over Right, Step back on Right, Step to the Left on Left, Touch Right beside Left

START ALL OVER AGAIN..

Have fun and a good sing-a-long-time....

Contact: Mona Leth (mo.irle@hotmail.com)

Last Update: 17 Oct 2023
