

No Sailor Anymore

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Dianne Borg (AUS) - March 2024
音樂: The Last Shanty (Quarterhead Remix) - Nathan Evans



No tags, No restarts

Intro 32 counts, start on the word Don't

Section 1. Step Forward, Hold, Ball Step, Scuff, Rock Recover, Shuffle Back

1,2&3,4 Step Fwd RF, Hold, Ball Step LF next to RF, Step RF Fwd, Scuff LF
5,6,7&8. Rock Fwd on LF, Recover back onto RF, Step LF back, Step RF together, Step LF back

Section 2. Diagonal Back Step, Touch, Step Fwd, Scuff, 1/4 Turning jazz box,

1-4. Step RF back to R diagonal, Touch LF next to RF, Step LF fwd on L diagonal, Scuff RF forward.
5-8 Step RF over LF, Step LF back while turning 1/4 turn to the right (3 o'clock), Step RF to R side, Step LF next to RF (You can give the jazz box a bit of attitude or, optionally, can hop the 4 steps)

Section 3. Step Side, Hold, Ball, Side Touch, Rock Back, Recover, Shuffle Left.

1,2&3,4. Step R to right side, Hold, Ball step LF next to RF and step RF to the side, Touch LF next to RF.
5,6,7&8. Rock back on LF, Recover onto RF, Step LF to left side, Step RF next LF, Step LF to left side.

Section 4. Forward Hitch, Back Hitch, Back Hook, Forward Scuff.

1-4. Step RF forward, Hitch L knee in front, Step LF back, Hitch R knee.
5-8. Step the RF back, Hook the L leg across the R leg, Step LF forward, Scuff RF next to the LF..

The dance finishes on wall 9 facing 3 o'clock, you can turn last step of the last section to 12 o'clock and stomp on last step.

dianne.borg@bigpond.com

Submitted by: Matt Coleman - Email: aligneddance@gmail.com