

# No Sailor Anymore

COPPER KNOB  
BY STEPHEN

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