

No Tears

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Penny Tan (MY) - March 2024
音樂: No Tears - Minelli



SEC1:WALK FWD R-L , MAMBO , BACK SHUFFLE R-L

1-2 Walk fwd R , walk L
3&4 RF fwd , recover on L , step RF next to LF (or slightly back)
5&6 Back shuffle L-R-L
7&8 Back shuffle R-L-R

SEC2:COASTER STEP , FWD SHUFFLE , FWD ROCK , RECOVER, COASTER STEP

1&2 Step LF back , step RF next to LF, step LF fwd
3&4 Fwd shuffle R-L-R
5-6 Rock LF fwd with body roll, recover on R
7&8 Step LF back , step RF next to LF , step LF fwd (weight on LF)

SEC3:SIDE WITH SWAYS, FWD , ¼ TURN L SIDE , CROSS , MAMBO TOGETHER

1-4 Step RF to R with sways R-L-R-L (weight on L)
5&6 Step RF fwd , ¼ turn L , step LF on L , cross RF over LF (9:00)
7&8 Rock LF to L , recover on R , step LF next to RF

SEC4:SCUFF , HITCH , STEP BACK , HOOK , FWD , RECOVER, FWD ,RECOVER , FWD

&1-2 Lift RF (&), scuff RF fwd (1) , hitch (2)
3-4 Step RF back , hook LF
5-6 Step LF fwd , step RF back in place
7&8 Step LF fwd , step RF back in place , step LF fwd (weight on L)

***No tag No restart**
