

No More Lonely Nights

COPPER KNOB
STEP SHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Noah Sierra (USA) - October 2024
音樂: No More Lonely Nights (Play Out Version) - Paul McCartney



Intro counts: 8 (starts in the middle of the word "another")

POINT TOES RLR, HOLD W/ CLAP, BOX STEP.

1&2& Touch RF to R side, step RF on LF, touch LF to L side, step LF on RF.
3-4 Touch RF to R side, hold count 4 with clap.
5-6 Cross RF over LF, step LF backward.
7-8 Step RF to R side, step LF to L side.

TRIPLE R, TRIPLE L, ½ PIVOT, TRIPLE L.

1&2 Shuffle forward RLR.
3&4 Shuffle forward LRL.
5&6 Step RF forward while turning ¼ pivot, step LF in place while turning ¼ pivot, step RF forward (6:00).
7&8 Shuffle forward LRL.

ROCK R FORWARD, TRIPLE R BACKWARD, COASTER L, SLIDE R W/ ¼ PIVOT.

1-2 Rock RF forward, step/recover on LF.
3&4 Shuffle backward RLR.
5&6 Step LF backward, step RF backward, step LF forward.
7-8 Step RF to R side, slide LF into RF (perform ¼ pivot over L shoulder while performing steps 7-8, weight should be on LF, facing 3:00).

ROCK R, ROCK L, ROCK R FORWARD, SLIDE L.

1-2& Rock RF to R side, step/recover on LF, step RF on LF.
3-4& Rock LF to L side, step/recover on RF, step LF on RF,
5-6 Rock RF forward, step/recover on LF.
7-8 Step RF backward, slide LF in RF.

TAG: BOX STEP

1-2 Cross RF over LF, step LF backward.
3-4 Step RF to R side, step LF on RF.

Tag is repeated after walls 3 and 6.
No restarts.

Please do not alter this step sheet in any way.

If you would like to use on your website, please make sure it is in its original format and include all contact details on this script.

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