

No Body, Only You

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Katarina Sherrina (INA), Marchy Susilani (HK) & Abadi Haria (INA) - December 2024
音樂: Nobody - Wonder Girls



NO RESTART & 1TAG (4C) - END WALL 10

TAG (4C) :

1234 Long Step back(1) - hold (2) - Close LF beside RF (3) - hold (4)

S1. BACK ROCK - RECOVER - FORWARD SHUFFLE, FORWARD ROCK - RECOVER - TURN ¼L. CHASSE

12. Rock back on RF while turning your head back , Recover onto LF
3&4. Step RF fwd, Step LF beside RF, Step RF fwd
56. Rock LF fwd, Recover onto RF
7&8. Turn ¼L. Step LF to L, Step RF beside LF, Step LF to L

S2. CROSS SAMBA R/L, JAZZ BOX

1&2. Cross RF over LF, Rock LF ball to L side, Recover onto RF
3&4. Cross LF over RF, Rock RF ball to R side, Recover onto LF
5678. Cross RF over LF, Step back on LF, Step RF to R side, Step LF fwd

S3. TOE STRUT R/L, ½L. RIGHT TOE STRUT - LEFT TOE STRUT

1234. Touch RF toe fwd, Drop RF heel in place, Touch LF toe fwd, Drop LF heel in place
5678. Touch RF toe fwd, Turn ½L. Drop heel in place, Touch LF toe fwd, Drop heel in place

S4. V STEP - HIPS BUMP (R/L)

1234. Step RF diagonal fwd R, Step LF diagonal fwd L, Step RF back to centre, Step LF beside RF
5&6. Step RF to R & Bumps hip RLR
7&8. Weight on LF & Bumps hip LRL

Contact:

sherrinaraymond@gmail.com
marchysusilani19@gmail.com
abadiharia@gmail.com