

# No Man's Land

**COPPER** KNOB  
BY STEPHEN BENT

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Craig Bennett (UK)  
音樂: No Man's Land - Beverly Knight



## **BACK ROCK RECOVER, COASTER STEP, ROCK ½ TURN, STEP ¾ PIVOT TURN**

1&2      Rock back on right, recover onto left, step right to right side  
3&4      Step back on left, step right beside left, step forward onto left  
5&6      Rock forward on right, recover back onto left making ½ turn right and step forward onto right  
7&      Step forward onto left, make ½ turn left stepping back onto right  
8      Make ¼ turn left stepping left to left side

## **HIP SWAYS, LEFT SHUFFLE FORWARD, STEP ½ PIVOT, ROCK ½ TURN RIGHT**

1-2-3      Sway hips to right, sway hips to left, sway hips to right making ¼ turn left  
4&5      Step forward onto left, close right in place, step forward onto left  
6&      Step forward onto right, pivot ½ turn left  
7&8      Rock forward on right, recover back onto left, make ½ turn right stepping forward onto right

## **¼ TURN SIDE STEP, BACK ROCK SIDE, CROSS ¼ TURN, ¼ TURN, BACK ROCK SIDE, COASTER**

1      Make ¼ turn right stepping left to left side  
2&3      Rock back on right, recover onto left, step right to right side  
4&5      Cross left over right, make ¼ turn left stepping back onto right, ¼ turn left stepping left to left side  
6&7      Rock back onto right, recover onto left, step right to right side  
8&1      Step back onto left, step right in place, step forward onto left

## **STEP ¼ TURN CROSS ROCK, RECOVER SWEEP HITCH, SAILOR ¼ TURN RIGHT, STEP ½ TURN SIDE**

2&3      Step forward onto right, ¼ turn left stepping left to left side, cross rock right over left  
4      Recover weight back onto left while hitching right knee

### **During wall 1 and wall 7 restart dance at this point**

5&6      Step back onto right, make ¼ turn left stepping forward onto left, step forward onto right  
7&8      Step forward onto left, pivot ½ turn right, step left to left side

## **REPEAT**

## **RESTART**

**Restart on wall 1 after count 28**

**Restart on wall 7 after count 28, but this time hold the hitch for 2 extra counts before starting over**