

No Sorrow

COPPER KNOB
STEPSHEETS

拍數: 40 牆數: 2 級數: Beginner straight rhythm
編舞者: Annegret Dominguez (FR)
音樂: I Am a Man of Constant Sorrow - The Soggy Bottom Boys



POINT HEELS: RIGHT, LEFT, RIGHT, LEFT

1-2 Point right heel forward diagonal right, step right next to left
3-4 Point left heel forward diagonal left, step left next to right
5-6 Point right heel forward diagonal right, step right next to left
7-8 Point left heel forward diagonal left, step left next to right

WALK FORWARD RIGHT, CLAP, LEFT, CLAP, RIGHT, CLAP, LEFT, CLAP

1-2 Step right forward, clap
3-4 Step left forward, clap
5-6 Step right forward, clap
7-8 Step left forward, clap

TOE STRUTS BACK: RIGHT, LEFT, RIGHT, LEFT

1-2 Point right toe behind, put down right heel,
3-4 Point left toe behind, put down left heel
5-6 Point right toe behind, put down right heel
7-8 Point left toe behind, put down left heel

POINT RIGHT TO RIGHT, NEXT TO LEFT, FORWARD, STEP DOWN NEXT TO LEFT, POINT LEFT TO LEFT, NEXT TO RIGHT, FORWARD, STEP DOWN NEXT TO RIGHT

1-2 Point right toe to right, slide right toe next to left
3-4 Point right toe forward, slide right toe next to left putting foot down
5-6 Point left toe to left, slide left toe next to right
7-8 Point left toe forward, slide left toe next to right putting foot down

RIGHT PIVOT ½ TURN, STOMP, HOLD, POINT RIGHT, LEFT IN PLACE

1-2 Step right forward, pivot ½ to left
3-4 Stomp right heel next to left, hold
5-6 Point right toe next to left, put down right foot
7-8 Point left toe next to right, put down left foot

REPEAT
