

No Way Out

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate/Advanced
編舞者: Lana Harvey (USA)
音樂: I Know a Wall When I See One - Toby Keith



FORWARD SHUFFLE, HALF TURNS FORWARD, ROCK RECOVER, HALF TURNS BACK

1&2 Shuffle forward left-right-left
3 Pivoting on ball of left ½ left, step right back
4 Pivoting on ball of right ½ left, step left forward
5-6 Rock forward onto right, recover weight to left
7 Pivoting on ball of left ½ right, step right forward
8 Pivoting on ball of right ½ right, step left back

BACK COASTER, SHUFFLE FORWARD, ½ SPIN, ¼ TURNING SHUFFLE

9&10 Step right back, step left next to right, step right forward
11&12 Shuffle forward left-right-left
13-14 Cross right over left, spin ½ turn left weight ending on right
15-16 Shuffle left-right-left turning ¼ left

SIDE, HOLD, CROSS ROCK, SIDE, TOGETHER, SIDE, CROSS KICK

17-18 Step right to right side, hold
19-20 Cross rock left over right, recover weight to right
21-22 Step left to left, slide and step right next to left
23-24 Step left to left, kick right forward toward left corner

FRONT CROSS, BACK, ¼ TURN, ¼ TURN, CROSS BEHIND, ¼ TURN, ½ PIVOT

25-26 Cross step right over left, step back on left
27-28 Step right ¼ to right, step left ¼ to right
29-30 Cross step right behind left, step left ¼ to left
31-32 Touch right toe forward, pivot ½ turn left weight ending on left

SIDE SHUFFLE, CROSS ROCK, ¼ TURN, ½ TURN, LEFT BACK COASTER

33&34 Shuffle right-left-right to right side
35-36 Cross rock left over right, recover weight on right
37-38 Step forward on left ¼ to left, step back on right ½ left
39&40 Step left back past right, step right next to left, step forward on left

FORWARD LOCK, FORWARD SHUFFLE, ½ PIVOT, ¼ PIVOT

41-42 Step forward on right, step left behind and slightly to right of right
43&44 Shuffle forward right-left-right
45-46 Touch left toe forward, pivot ½ right, weight ending on right
47-48 Touch left toe forward, pivot ¼ right, weight ending on right

SIDE SHUFFLE, CROSS ROCK, ¼ TURN, ½ TURN, RIGHT BACK COASTER

49&50 Shuffle left-right-left to left side
51-52 Cross rock right over left, recover weight on left
53-54 Step forward on right ¼ right, step back on left ½ right
55-56 Step right back past left, step left next to right, step forward on right

FORWARD LOCK, FORWARD SHUFFLE, ½ PIVOT, CROSS, ¼ SPIN

57-58 Step forward left, step right behind and slightly to left of left

59&60 Shuffle forward left-right-left
61-62 Touch right toe forward, pivot $\frac{1}{2}$ left, weight ending on left
63-64 Cross right over left, make $\frac{3}{4}$ spin left, weight ending on right

REPEAT
