

Not No More

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 4 級數: Intermediate two step
編舞者: Carol Cotherman (USA)
音樂: My, Oh My - The Wreckers



Sequence: ABA, A(Restart after count 24), ABAA, A(Dance through count 24), B & Tag, A (to the end)

PART A

ROCKING CHAIR, ¼ TURN LEFT, STOMP, HOLD

1-2-3-4 Rock forward on right, recover on left, rock back on right, recover left
5-6-7-8 Step forward on right, pivot ¼ turn left, stomp right, hold

ROCKING CHAIR, ½ TURN RIGHT, STOMP, HOLD

1-2-3-4 Rock forward on left, recover on right, rock back on left, recover right
5-6-7-8 Step forward on left, pivot ½ turn right, stomp left, hold

VINE RIGHT, ½ TURN HITCH, VINE LEFT, SCUFF

1-2 Step right foot to right; step left behind right
3-4 Turn ¼ right, stepping forward on right; turn ¼ right hitching left foot
5-6 Step left foot to left; step right behind left
7-8 Step left foot to left: scuff right

JAZZ BOX ENDING IN SCUFF, TRIPLE STEP FORWARD, HOLD

1-2-3-4 Step right over left, step back on left, step right, scuff left
5-6-7-8 Step forward on left, close right beside left, step forward left, hold

TOUCH OUT, IN, OUT, HOLD, BEHIND, SIDE, CROSS. HOLD

1-2-3-4 Touch right toe to right, touch right toe by left foot, touch right toe to right, hold
5-6-7-8 Step right behind left, step left to left, step right over left, hold

TOUCH OUT, IN, OUT, HOLD, SAILOR ¼ LEFT, HOLD

1-2-3-4 Touch left toe to left, touch left toes by right foot, touch left toe to left, hold
5-6-7-8 Make ¼ turn left by sweeping left behind right, step right by left, step forward on left, hold

ROCKING CHAIR, STEP-LOCK-STEP, HOLD

1-2-3-4 Rock forward on right, recover on left, rock back on right, recover left
5-6-7-8 Step forward on right, lock left behind right, step forward on right, hold

KICK BALL STEP, HOLD, STEP ¾ PIVOT RIGHT, STOMP, HOLD

1-2-3-4 Kick forward with left, step left by right, step forward on right, hold
5-6-7-8 Step forward on left, pivot ¾ right, stomp left, hold

PART B

RIGHT HEEL, LEFT HEEL, SWIVEL HEELS RIGHT (2X), SWIVEL HEELS LEFT & BACK

1-2-3-4 Touch right heel forward, step right back in place, touch left heel forward, step left back in place
5-6-7-8 Swivel both heels to the right while knees bend pointing to the left, swivel heels back to center while straightening knees, repeat swivels
9-10 Swivel both heels to the left while knees bend pointing to the right, swivel heels back to center (weight ending on right)

LEFT HEEL, RIGHT HEEL, SWIVEL HEELS LEFT (2X), SWIVEL HEELS RIGHT & BACK

- 1-2-3-4 Touch left heel forward, step left back in place, touch right heel forward, step right back in place
- 5-6-7-8 Swivel both heels to the left while knees bend pointing to the right, swivel heels back to center while straightening knees, repeat swivels
- 9-10 Swivel both heels to the right while knees bend pointing to the left, swivel heels back to center (weight ending on left)

TAG

KICK BALL STEP, HOLD, STEP-LOCK-STEP FORWARD, HOLD, ½ PIVOT RIGHT

- 1-2-3-4 Kick forward with right, step right by left, step forward on left, hold
- 5-6-7-8 Step forward on right, lock left behind right, step forward on right, hold
- 9-10 Step forward on left, pivot ½ turn right (weight change to right foot)

STEP-LOCK-STEP FORWARD, HOLD, KICKBALL STEP, HOLD

- 1-2-3-4 Step forward on left, lock right behind left, step forward on left, hold
- 5-6-7-8 Kick forward with right, step right by left, step forward on left, hold
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