

It's Just No Good

COPPER KNOB
BY STEPHEN

拍數: 64

牆數: 2

級數: Intermediate/Advanced mixed
rhythm



編舞者: Zac Detweiller (USA)

音樂: The Music's No Good Without You - Cher

Dance starts when heavy beat kicks in, exactly 32 counts before lyrics start

WALK, WALK, MAMBO STEP, COASTER STEP, FORWARD SHUFFLE

- 1-2 Step forward on right, step forward on left
- 3&4 Rock right forward, recover in place on left, step right next to left
- 5&6 Step back on left, step right together with left, step forward on left
- 7&8 Step forward on right, step left next to right, step forward on right (facing 12:00)
- 9-16 Repeat counts 1-8 of opposite foot (facing 12:00)

SIDE ROCK, RECOVER, CROSSING SHUFFLE, ¼ RIGHT, STEP, COASTER KICK

- 1-2 Rock right to right side, recover on left stepping back slightly
- 3&4 Cross step right over and in front of left, step left to left side, cross step right over and in front of left
- 5-6 Step left to left side turning a ¼ turn right, step right next to left (facing 3:00)
- 7&8 Step back on left, step right next to left, kick left forward

STEP, STEP, TOUCH, CROSS, TOUCH, PIVOT ¼ RIGHT, HOLD, COASTER KICK

- &1-2 Step slightly forward on left, step forward on right, point left toe to left side
- 3-4 Cross step left over right, point right toe to right side
- 5-6 Pivot ¼ to right keeping weight on left, hold (facing 6:00)
- 7&8 Step back on right, step left next to right, kick right forward

STEP, WALK TWICE, FORWARD SHUFFLE, ROCK RECOVER, ½ TURN, SHUFFLE 1 ¼ TURN RIGHT

- &1-2 Step slightly forward on right, step forward on left, step forward on right
- 3&4 Step forward on left, step right next to left, step forward on left (facing 6:00)
- 5-6 Rock forward on right, recover on left
- 7 Turn ½ turn to right and step forward on right (facing 12:00)
- 8&1 Step forward on left making ¼ turn right, step back on right making ½ turn right, turn ½ turn right stepping left next to right (facing 3:00)

Option: shuffle in place left-right-left turning ¼ turn right

ROCK, RECOVER, ¼ TURN, ¼ TURN, COASTER KICK AND CROSS

- 2-3 Rock back on right, recover onto left starting a ¼ turn right
- 4 Finishing the ¼ turn right step forward on right (facing 6:00)
- 5 Turn ¼ turn right and step left to left side (facing 9:00)
- 6&7 Step back on right, step left next to right, kick right forward and to the right
- &8 Step slightly back on right, cross step left over right

SIDE DRAG AND CROSS STEP, ¼ SAILOR, FORWARD SHUFFLE

- 1-2 Step right to right side, drag left towards right keeping weight on right
- & Step onto left foot
- 3-4 Cross step right over left, step left foot to left side
- 5&6 Step back on right, step together with left making ¼ turn right, step forward on right
- 7&8 Step forward on left, step right next to left, step forward on left (facing 12:00)

¼ TURNING HIP BUMPS, 1/8 TURNING HIP BUMPS, 1/8 TURNING HIP BUMPS, MORE BUMPS

1&2 Bump hips right-left-right making $\frac{1}{4}$ turn left (weight on right) (facing 9:00)
3&4 Bump hips left-right-left making $\frac{1}{8}$ turn left (weight on left)
5&6 Bump hips right-left-right making $\frac{1}{8}$ turn left (weight on right) (facing 6:00)
7&8 Bump hips left-right-left (weight on left)

REPEAT

ENDING

If counted off correctly, you'll do the $1\frac{3}{4}$ turn when Cher says the "world stop turning" .You'll be ending the sequence 33-40
