

Going Nowhere

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Vivienne Scott (CAN)
音樂: Can't Get Nowhere - The Tractors



SYNCOPATED VINES RIGHT & LEFT, ROCK FORWARD, SYNCOPATED ROCKS

1&2 Step side right, step left behind right, step side right (leaning slightly to the right)
3&4 Step side left, step right behind left, step side left (leaning slight to the left)
5-6 Rock forward on right, rock back on left toe
7&8 Rock forward on right, rock back on left toe, rock forward on right

ROCK FORWARD, ½ TURN SHUFFLE LEFT, ROCK FORWARD, SYNCOPATED ROCKS

9-10 Rock forward on left, rock back on right
11&12 On ball of right make ½ turn shuffle to left (left, right, left)
13-14 Rock forward on right, rock back on left toe
15&16 Rock forward on right, rock back on left toe, rock forward on right

ROCK FORWARD, ½ TURN SHUFFLE LEFT, SCISSOR STEPS FORWARD ON DIAGONAL

17-18 Rock forward on left, rock back on right
19&20 On ball of right make ½ turn shuffle to left (left, right, left)
21&22 Step right foot forward on right diagonal, step left beside right, cross right over left
23&24 Step left foot forward on left diagonal, step right beside left, cross left over right

½ TURN LEFT WITH HIP ROLL, SCISSOR STEPS FORWARD ON DIAGONAL, TWO PADDLE TURNS MAKING ½ TURN LEFT

25-26 Step forward right, roll hips round to left making ½ turn left (weight on left)
27&28 Step right foot forward on right diagonal, step left beside right, cross right over left
29&30 Step left foot forward on left diagonal, step right beside left, cross left over right
31& Raise right foot, step forward and push down on the right making a ¼ turn left on ball of left
32& Raise right foot, step forward and push down on the right making a ¼ turn left on ball of left

Optional hand movement: for counts 31&32& - with hands raised in front of body, palms flat, move hands in a full circle to the left for each paddle turn

STEP SIDE RIGHT, LEFT BEHIND, SYNCOPATED SIDE STEPS TO RIGHT, REPEAT TO LEFT

33-34 Step side right slightly forward on diagonal, step left behind right
35&36 Step side right slightly forward diagonal, step left behind right, step side right slightly on diagonal
37-38 Step side left slightly forward on diagonal, step right behind left
39&40 Step side left slightly forward diagonal, step right behind left, step side left slightly on diagonal

Optional "Charlie Chaplin" shoulder movements: for count 33 drop right shoulder; 34 drop left shoulder; 35&36 drop right shoulder, left, right - reverse shoulder drops for counts 37-40

WALKS FORWARD, ½ TURN COASTER STEP, LOCK STEP, SYNCOPATED LOCK STEP

41-42 Walk forward right, left
43&44 Step forward right making ½ turn left, step left beside right, step forward right
45-46 Step forward left, lock right behind left
47&48 Step forward left, lock right behind left, step forward left (weight on left)

REPEAT

FINISH

At the end of the song the music slows. You will be dancing counts 37-40. Slow down these steps to a double

count for 37-38, dance 39&40 as above, then cross right over left and on ball of left making a 1 ½ turn to the left for two counts all the way round to the front, flinging arms out to side as you face the front.
