

No Easy Way Out

COPPER KNOB
STEPPERS

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Tom Monaghan (NZ) & Wendy Monaghan (NZ) - November 2009
音樂: That's the Way It Is - Céline Dion



Introduction: 24 counts in on heavy beats on vocals.

SECT 1. FWD, BACK, & TOG. SIDE-ROCK, & TOG, SIDE, 1/2 TURN, FULL-TURN.

12&34 □ Step R fwd, recover back on L, (&) step R beside L, step L to side, rock onto R,
&56 □ (&) Step L beside R, step R to side, recover on L turning ½ turn right, (6)
7&8 □ Turn a right full turn fwd stepping R.L.R, (alternative forward shuffle R.L.R). (6)

SECT 2. FWD-SHUFFLE, FWD-COASTER, 1/4 TURN-SAILOR, FWD-SHUFFLE.

1&2 □ Shuffle forward L.R.L,
3&4 □ FWD COASTER: Step R fwd, (&) step L beside R, step R back,
5&6 □ 1/4 TURN SAILOR: Step L behind R turning ¼ turn left, (&) step R to side, step L to side.
7&8 □ Shuffle forward R.L.R. (alternative: Right full turn forward R.L.R) (3)

SECT 3. FWD, BACK, & TOG, CROSS, HOLD, SIDE, CROSS -SHUFFLE, 1/2 TURN.

12&34 □ Step L fwd, recover on R, (&) step ball of L foot back, step R across L, Hold,
&5&6 □ (&) Step L to side, step R across L, (&) step L to side, step R across L,
7 8 □ Step L back into ¼ turn right, step R to side turning ¼ right. (9)

SECT 4. ACROSS, SIDE, SAILOR STEP X 2, ACROSS, & 1/4 TURN, SIDE, TOGETHER.

1 2 □ Step L across R, step R to side,
3&45&6 □ Step L behind R, (&) step R to side, step L to side, Step R behind L, (&) step L to side, step R to side,
7&8& □ Step L across R, (&) turn ¼ turn left stepping R back, step L to side, (&) step R beside L.

SECT 5. SIDE, ROCK, CROSS-SHUFFLE, SIDE- ROCK, 1/4 TURN, SWAY, SWAY.

123&4 □ Step L to side, recover on R, cross-shuffle L R. L # Restarts Here
5678 □ Step R to side, recover on L turning ¼ turn right, step/sway R to side, sway hips left.

SECT 6. FWD FULL-TURN, 1/2 PIVOT X 2, FWD, 1/4 TURN, FWD.

1&2 □ Turn a right full turn forward stepping R.L.R (alternative shuffle forward R. L. R.),
3456 □ Step L fwd, pivot ½ turn right, step L fwd, pivot ½ turn right,
7&8 □ Step L fwd, (&) recover on R turning ¼ turn left, step L fwd.

Repeat dance in new direction.

RESTARTS:

First is during Wall 2 (facing the front) &

The second is during Wall 5 (facing the back) both happen at counts 3&4 of section 5 (i.e. Cross-shuffle).

Optional finish:

Dance ends on wall 7 facing the back to finish at the front: Cross/Touch R over L, unwind ½ left.