

No Boundaries

COPPER KNOB
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拍數: 40 牆數: 4 級數: Intermediate Nightclub
編舞者: Karl-Harry Winson (UK) - March 2010
音樂: No Boundaries - Adam Lambert : (Album: No Boundaries)



16 Count intro (start on vocals) 72 BPM.

Section 1: Basic nightclub step X2. ¼ Basic nightclub step. Pivot ½ hook. Right Lock step.

- 1 – 2 & Step right to the right side. Rock back on the left. Cross right slightly across left.
- 3 – 4 & Step left to the left side. Rock back on the right. Recover weight forward onto the left.
- 5 – 6 & Make a ¼ turn left stepping right to the right side. Rock back on the left. Cross right slightly across left.
- 7 – 8 & Step left foot to the left side and pivot a ½ turn right hooking the right foot across the left shin. Step forward on the right. Lock left foot behind the right. (3.00)

Section 2: Sweep Cross-back. Sway X2. Cross rock. Side Rock. Behind-side. Cross step Left.

- 1 – 2 & Step forward on the right and sweep left foot from behind to in front of right foot. Cross left foot over the right. Step back on the right.
- 3 – 4 Step left to the left side, sway hips to the left. Sway hips to the right.
- 5 & Cross rock left foot over the right. Recover weight back onto the right.
- 6 & Rock left foot out to the left side. Recover weight back into the right.
- 7 & Cross left foot behind the right. Step right foot to the right side.
- 8 & Cross left foot over the right. Step right foot beside the left.

Section 3: Cross rock side. Cross rock ¼, ¼ Basic nightclub step left. Side back together.

- 1 – 2 & Cross rock left foot over right foot. Recover weight back onto right foot. Step left foot to the left side.
- 3 – 4 & Cross rock right foot over left foot. Recover weight onto left foot. Make a ¼ turn right and step forward on right foot.
- 5 – 6 & Make a ¼ turn right stepping left foot to the left side. Rock back on the right. Cross left foot slightly over the right.
- 7 – 8 & Step right foot to the right side. Step back on the left. Step right foot next to the left. (9.00)

Section 4: Step close-step Pivot (Hitch). Cross step-cross Hitch. Cross side-behind. Sweep. Behind side-cross. Pivot (Hitch).

- 1&2& Step forward on the left. Close right foot beside the left. Step forward on the left. Pivot ¼ turn left hitching right knee beside the left knee.
- 3&4& Cross step right foot in front of the left. Step left foot to the left side. Cross step right foot in front of the left. Hitch the left knee up beside the right knee.
- 5&6& Cross left foot in front of the right. Step right foot to the right side. Cross left foot behind the right. Sweep right foot around from in front to behind the left foot.
- 7&8& Step the right foot behind the left. Step left foot to the left side. Cross right foot across the left. Pivot ¼ turn right hitching the left knee. (9.00)

Section 5: Walk forward X2. Forward together. Back together. Walk forward X2. Forward together. Step drag.

- 1 – 2 Walk forward on the left. Walk forward on the right.
- 3&4& Step forward on the left. Step right foot beside the left. Step back on the left. Step right foot beside the left.

Restart here during wall 3

- 5 – 6 Walk forward on the left. Walk forward on the right.
- 7&8& Step forward on the left. Step right foot beside the left. Step back on the left. Drag right foot to meet the left (don't put any weight in the right foot).

Tag here at the end of wall 2

Tag - Back Rock ½ turn X2. Sways X4.

- 1&2 Rock back on the right. Recover weight forward onto the left. Make a ½ turn left stepping back on the right.
- 3&4 Rock back on the left. Recover weight forward onto the right. Make a ½ turn right stepping back on the left.
- 5 – 6 Step right foot to the right side, Sway hips to the right. Sway hips to the left.
- 7 – 8 Sway hips to the right. Sway hips to the left.

Restart :-

During Wall 3 (Section 5) Dance up to and do counts 3&4&, replace the last 4 counts then restart:

Step close-step Hold.

5& Step forward on the left. Close right foot next to the left.

6& Step forward on the left. Hold

Restart
