

Nonchalant

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Sebastiaan Holtland (NL) & Deborah Ellis - October 2010
音樂: Girl Like Me (Nonchalant) - Queensberry : (CD: On My Own 2009)



16 count Intro (8 Sec)

Sec 1: (1-8) Side Stomp, Hold, Coaster Step with 1/4 Turn R, Jump Both Feet Apart, Hold, Coaster Cross with 1/4 Turn R

1-2 Stomp Rf out to the right, HOLD weight onto Rf (12:00)
3&4 Making a 1/4 turn right (3) step back on Lf, step Rf beside Lf, step forward on Lf (Coaster Step)
&5-6 Jump both feet apart (&5), HOLD weight onto both feet
7&8 Making a 1/4 turn right (6) step back on Lf, step Rf beside Lf, cross Lf over Rf (Coaster Cross)

Sec 2: (9-16) Side Lunge, Together, 1/4 Turn L, Step Fwd, Continue a 1/2 Turn L, Back, Back & Touch, Hold, Back & Touch, Hold

1-2 Step (lunge) Rf to the right side, recover L and step Lf beside Rf take weight onto both feet (6:00)
3-4 Making a 1/4 turn to left (3) step forward on Lf, continue a 1/2 turn to left (9) step back on Rf
&5-6 Stepping back on Lf and touch forward on Rf (&5), HOLD holding weight onto Lf (Back & Touch)
&7-8 Stepping back on Rf and touch forward on Lf (&7), HOLD holding weight onto Rf (Back & Touch) (9:00) ## Restart ##

RESTART here WALL 10 after 16 count (Facing 12 O'clock)

Sec 3: (17-24) Replace with 1/4 Turn L, Step Lock & Step Lock 1/4 L, 1/2 Pivot L, L Full Turn Fwd

&1-2& Making a 1/4 to left (6) step Lf back in place, step Rf forward diagonal right, lock Lf behind Rf, step Rf forward diagonal right
3-4& Step Lf forward diagonal left, lock Rf behind Lf, making a 1/4 turn to Left (3) stepping Lf beside Rf weight onto Lf
5-6 Step forward Rf, making a 1/2 turn to left (9) take weight onto Lf
7-8 Turning 1/2 left (3) step Rf back, turning 1/2 left (9) step Lf forward weight onto Lf

Sec 4: (25-32) R & L Apart, Hold, R Together, L Cross Step, Unwind 1/2 R, 1/4 Turn R, Side, Hold, Side, Together, 1/4 Turn L, Step Fwd

&1-2 Step Rf back & apart, step Lf apart, HOLD (9:00) weight onto both feet
&3-4 Step Rf together, cross step Lf over R, unwind 1/2 right (3) with weight ending on Lf
5-6 Making a 1/4 turn to right (6) step Rf out to the right, HOLD ending weight onto both feet
7&8 Step Lf to the left, step Rf together, making a 1/4 turn to left (3) step forward on Lf weight onto Lf

Begin Again

smoothdancer79@hotmail.com