

From Now On

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Easy Intermediate
編舞者: Jan Wyllie (AUS) - October 2010
音樂: No More Teardrops - The Refreshments



16 count intro.

Step Scuff, Step Scuff, Across Back 1/4, Side Across

1,2,3,4 Step fwd on R, Scuff L fwd and across R, Step fwd on L, Scuff R fwd and across L
5,6,7,8 Step R across L, Making 1/4 right step back on L, Step R to right, Step L across R

1/4 Shuffle, Step Pivot 1/4. Cross Shuffle, Back 1/4 Fwd 1/2

9&10 Making 1/4 right shuffle fwd R,L,R
11,12 Step fwd on L, Pivot 1/4 right transferring wt to R
13&14 Cross/shuffle right stepping L,R,L
15,16 Making 1/4 left step back on R, Making 1/2 left step fwd on L

Fwd Back, Toe Strut Back, Coaster Cross, Side Rock Replace

17,18,19,20 Rock step fwd on R, Rock back on L, Step back on R toe, Drop R heel to floor
21&22 Step back on L, Step R beside L, Step L across R
23,24 Rock/step R to right side, Rock/replace wt sideways onto L

Behind Touch, Behind Touch, Rock Back Fwd, Walk Fwd RL

25,26,27,28 Step R back behind L, Touch L toe to left, Step L back behind R, Touch R toe to right
29,30 Rock/step back on R, Rock fwd on L
31,32 Walk fwd R,L

1/4 Monterey Turn, 1/4 Monterey Turn

33,34 Touch R toe to right, Making 1/4 right step R beside L
35,36 Touch L toe to left, Step L beside R
37,38 Touch R toe to right, Making 1/4 right step R beside L
39,40 Touch L toe to left, Step L beside R

Side Rock Replace, Across Touch, Heel Across Side, Step Across Touch

41,42 Rock/step R to right, Rock/replace wt sideways onto L
43,44 Step R across L, Touch L toe to left
45,46 Touch L heel across R, Touch L heel to left
47,48 Step L across R, Touch R toe to right

Across Back Side Clap, Across Back Side Clap

49,50,51,52 Step R across L, Step back on L, Step R to right, Clap
53,54,55,56 Step L across R, Step back on R, Step L to left, Clap

Fwd Back, Back Fwd, Step Pivot 1/2, Step Pivot 1/2

57,58,59,60 Rock/step fwd on R, Rock back on L, Rock/step back on R, Rock fwd on L
61,62 Step fwd on R, Pivot 1/2 left transferring wt to L
63,64 Step fwd on R, Pivot 1/2 left transferring wt to L

Another great song by artists I had never heard of before, The Refreshments.

Thanks to Syliva from The Netherlands for the song. The dance is not for beginners, but it is very achievable for anyone with a little bit of dance

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