

Not Without Us

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Ria Vos (NL) - June 2011
音樂: Not Without Us (Short Radio Edit) - DJ Ötzi : (3:00)



Intro: 16 counts, on vocals

R Side Rock, Kick, Together, L Side Mambo, Step Scuff R&L, R Rocking Chair

1&2& Rock R to Right Side, Recover on L, Kick R Fwd, Step R Next to L

(easy option 1&2: R Side Mambo)

3&4 Rock L to Left Side, Recover on R, Step L Next to R

5& Step Fwd on R, Scuff L Next to R

6& Step Fwd on L, Scuff R Next to L

7&8& Rock Fwd on R, Recover on L, Rock Back on R, Recover on L

R Side, L Rock Back, L Side, R Rock Back, Step Touch, Step Touch, Side, Behind, ¼ R

1-2& Step R to Right Side, Rock Back on L, Recover on R

3-4& Step L to Left Side, Rock Back on R, Recover on L

5& Step R Fwd to Right Diagonal, Touch L Next to R

6& Step L Back to Left Diagonal, Touch R Next to L

7&8 Step R to Right Side, Step L Behind R, ¼ Turn Right step Fwd on R

Step ½ Pivot Step L & R, L Rock Fwd, 2 "runs" Back, Slide Back, R Rock Back

1&2 Step Fwd on L, Pivot ½ Turn Right, step Fwd on L

3&4 Step Fwd on R, Pivot ½ Turn Left, Step Fwd on R

(Easy option 1-4: L Mambo Fwd, R Mambo Back)

5& Rock Fwd on L, Recover on R

6& Small Step Back on L, Small Step Back on R

7 Big Step Back on L Sliding R Towards L

8& Rock Back on R, Recover on L

Toe Struts R-L, R Side Rock Cross, Toe Struts L-R, L Side Rock-Cross

1&2& Step on R Toe to Right Side, Lower R Heel, Step on L Toe Across R, Lower L Heel

3&4 Rock R to Right Side, Recover on L, Cross R Over L

5&6& Step on L Toe to Left Side, Lower L Heel, Step on R Toe Across L, Lower R Heel

7&8 Rock L to Left Side, Recover on R, Cross L Over R

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