

No Help

Count: 32

Wand: 2

Ebene: Improver

Choreograf/in: Arnold Hamdan (INA) - December 2018

Musik: No Help - Inna



Start : After 16 Count

Forward Swift Recover, Coaster Step, 1/4 pivot turn Left, Cross Shuffle

- 1, 2, 3 Forward R, Swift L forward, Recover R
- 4 & 5 Back L, close together R, Forward L
- 6, 7 Forward R, Turn 1/4 Left
- 8 & 1 Cross R over L, L to Left side, Cross R over L

Samba Step, Forward Mambo, Back Mambo

- 2 & 3 Step L to Left side, Cross R behind L, recover L
- 4 & 5 Step R to Right side, Cross L behind R, recover R
- 6 & 7 Forward L, Recover R, Step L Back
- 8 & Step R back, Recover L,

Diamond

- 1 & 2 Step R Forward, L to Left side, 1/8 R back
- 3 & 4 Step L back, 1/8 R to Right side, 1/8 Forward L
- 5 & 6 Step R Forward, 1/8 L to Left side, 1/8 R back
- 7 & 8 Step L back, 1/8 R to Right side, Step L Forward

Step Forward, Recover Close together, Step Forward, Recover Close together, Sway option Body Roll, Back Recover

- 1, 2 & 3 Step R Forward, Recover L, Close together R, Step L Forward
- 4 & 5, 6 Recover R, Close Together L, Step R forward, Recover L (Sway option Body Roll)
- 7, 8 Step R back, Recover L

Tag & Restart on Wall 8 :

Jazz Box

- 1,2,3,4 Step R Cross over L, Step L Back, R to Right side, Forward L