

No Brakes

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Marianne Langagne (FR), Jenny Declémy, Dominique Lapôtre, Angeline Mulard,
Delphine Sablon (FR) & Christelle Spinard - May 2023

Musik: No Brakes - The Wolfe Brothers



Intro : 16 Counts – Start on the lyrics

TAG (16 Counts) : 7th Wall & Restart

[1-8] KICK BALL STEP, HEEL SWITCHES, STEP ½ TURN L, TRIPLE FWD

1&2 Kick RF, Together, LF Fwd
3&4 R Heel Fwd, Together, L Heel Fwd
& Together
5-6 RF Fwd, ½ Turn L (weight on LF) (You'll be at 3:00)
7&8 RF Fwd, Together, RF Fwd

[9-16] KICK BALL STEP, STEP ½ TURN R, FULL TURN, TRIPLE FWD

1&2 Kick LF, Together, RF Fwd
3-4 LF Fwd, ½ Turn R (You'll be at 9:00)
5-6 ½ Turn R- LF Back, ½ Turn R- RF Fwd
7&8 LF Fwd, Together, LF Fwd

Séquences : 32 – 32 – 16R – 32 -32 – 32 – 16 TAG /RESTART– 32 – 16 – Final : Touch RF behind LF

S1 WALK R-L, ANCHOR STEP, BACK L-R, COASTER STEP

1-2 Walk R - L
3&4 RF Behind LF, Return weight on LF, Return weight on RF
5-6 LF Back, RF Back
7&8 LF Back, Together, LF Fwd

S2 TRIPLE FWD, ½ TURN-TRIPLE FWD, SKATE R –L, KICK BALL STEP

1&2 RF Fwd, Together, RF Fwd
3&4 ½ Turn L- LF Fwd, Together, LF Fwd (6:00)
5-6 Skate RF, Skate LF
7&8 Kick RF, Together, LF Fwd HERE RESTART :
HERE : RESTART 3rd Wall (Facing 12:00) and TAG/RESTART : 7th Wall (facing 9:00)

S3 SIDE ROCK CROSS R – L, STEP ½ TURN L, COASTER STEP

1&2 RF to the R, Recover on LF, Cross RF over LF
3&4 LF to the L, Recover on RF, Cross LF over RF
5-6 RF Fwd, ½ Turn L with weight on RF (12:00)
7&8 LF Back, Together, LF Fwd

S4 STEP ¼ TURN L, VAUDEVILLE R – L, STOMP, HEEL SPLIT

1-2 RF Fwd, ¼ Turn L (weight on LF) (9:00)
3&4 Cross RF over LF, LF Back, R Heel Diagonally R
& Together
5&6 Cross LF over RF, RF Back, L Heel Diagonally L
& 7 Together, Stomp RF next to LF (weight on the 2 feet)
&8 Heels out, Return to the center (Weight on LF)

Move, Dance & have Fun

Contacts : Marianne Langagne : eujeny_62@yahoo.fr Site Web : www.mariannelangagne.fr
Delphine Sablon : Delam2@live.fr

Last Update: 7 May 2023
