

No More

Count: 48

Wand: 3

Ebene: Improver

Choreograf/in: Jérôme Ciurana (FR) - May 2024

Musik: Down to Your Last One More - Billy Dean



Déscriptif : 16 Counts do 48/48/32*/48/32*/32*/48/ Counts 33-48// then do the dance**

[1-8] BACK X3, POINT LEFT BACK, WALK LEFT /RIGHT, POINT LEFT, CROSS

- 1-2-3 Step RIGHT back, Step LEFT back, Step RIGHT back
- 4 Point LEFT back
- 5-6 Step LEFT forward, Step RIGHT forward
- 7-8 Point LEFT to left side, Cross LEFT over right

[9-16] POINT RIGHT, CROSS, POINT LEFT, JAZZ BOX 1/40 TURN LEFT CROSS, HOLD

- 1-2 Point RIGHT to right side, Cross RIGHT over left
- 3 Point LEFT to left side
- 4-5 Cross LEFT over right, Step RIGHT back
- 6-7 1/4 turn left and step LEFT to left side, Cross RIGHT over left
- 8 Hold

[17-24] SIDE LEFT AND DOUBLE HIP BUMP TO LEFT, DOUBLE HIP BUMP RIGHT, HIP ROLL X 2

- 1&2 Step LEFT to left side and push hips to left twice
- 3&4 Push hips to right twice
- 5-6 Roll hip contra-clockwise
- 7-8 Roll hip contra-clockwise

[25-32] CROSS TOE STRUT, SIDE TOE STRUT, CROSS TOE STRUT, SIDE TOE STRUT

- 1-2 Cross LEFT toe over right, Drop LEFT heel on floor
- 3-4 RIGHT toe to right side, Drop RIGHT on floor
- 5-6 Cross LEFT toe over right, Drop LEFT heel on floor
- 7-8 RIGHT toe to right side, Drop RIGHT on floor

*** NOTA for the restart change count 8 by hold**

[33-40] REVERSE LEFT ROCKING CHAIR X 2

- 1-2 Step LEFT back, Recover weight on RIGHT
- 3-4 Step LEFT forward, Recover weight on RIGHT
- 5-6 Step LEFT back, Recover weight on RIGHT
- 7-8 Step LEFT forward, Recover weight on RIGHT

[41-48] 1/2 LEFT TOE STRUT, RIGHT TOE STRUT, LEFT VINE, TOUCH

- 1-2 1/2 turn left and LEFT toe forward, Drop LEFT heel on floor
- 3-4 RIGHT toe forward, Drop RIGHT heel on floor
- 5-6-7 Step LEFT to left side, Cross RIGHT behind left, Step LEFT to left side
- 8 Touch RIGHT toe beside left

**** NOTA for the final change counts 48 by step RIGHT together**

SMILE WHEN YOU DANCE !!!!!!!

Les références des heures ne valent que sur le premier mur

Association spirit of country :

spiritofcountry@hotmail.fr
<https://www.youtube.com/user/MrSPIRITOFCCOUNTRY>
