

No Panic

Count: 48

Wand: 4

Ebene: Intermediate

Choreograf/in: Virve Maukkonen

Musik: Shooting From The Hip - Barry Upton & Wild At Heart



DIAMOND, HEEL HOOK COMBO

- 1-2 Touch right heel forward, touch right toe to side
- 3-4 Touch right heel back, touch right toe to side
- 5-6 Touch right heel forward, hook right across left
- 7-8 Touch right heel forward, step right beside left

DIAMOND, HEEL HOOK COMBO

- 9-10 Touch left heel forward, touch left toe to side
- 11-12 Touch left toe back, touch left toe to side
- 13-14 Touch left heel forward, hook left across right
- 15-16 Touch left heel forward, step left beside right

HIP BUMPS

- 17-18 Hip bump right twice
- 19-20 Hip bump left twice

STEP, SLIDE, STEP, SCUFF TWICE

- 21-22 Step forward right, lock step left behind right
- 23-24 Step forward right, scuff forward left
- 25-26 Step forward left, lock step right behind left
- 27-28 Step forward left, scuff forward right

STEP BACK, TAP, STEP FORWARD, STOMP

- 29 Step right back
- 30 Touch left heel forward
- 31 Step left forward
- 32 Stomp right beside left

JUMPING JACK, ½ UNWIND, CLAP

- 33-34 Jump feet apart, jump crossing right over left
- 35-36 Unwind ½ left, clap

GRAPEVINE RIGHT

- 37 Step right to side
- 38 Cross left behind
- 39 Step right to side
- 40 Scoot right while hitching left knee

GRAPEVINE LEFT, ¼ TURN LEFT

- 41 Step left to side
- 42 Cross right behind
- 43 Step left into ¼ turn left
- 44 Scoot left, while hitching right knee

ROCK FORWARD, STEP BACK, STOMPX2

- 45 Rock step forward on right

- 46 Step back on left
- 47 Stomp right beside left
- 48 Stomp left beside right (weight on left)

REPEAT
