# Not No More

Count: 0

Ebene: Intermediate two step

Choreograf/in: Carol Cotherman (USA)

Musik: My, Oh My - The Wreckers

Sequence: ABA, A(Restart after count 24), ABAA, A(Dance through count 24), B & Tag, A (to the end)

#### PART A

#### ROCKING CHAIR, ¼ TURN LEFT, STOMP, HOLD

- Rock forward on right, recover on left, rock back on right, recover left 1-2-3-4
- 5-6-7-8 Step forward on right, pivot 1/4 turn left, stomp right, hold

#### ROCKING CHAIR, ½ TURN RIGHT, STOMP, HOLD

- Rock forward on left, recover on right, rock back on left, recover right 1-2-3-4
- 5-6-7-8 Step forward on left, pivot 1/2 turn right, stomp left, hold

#### VINE RIGHT, ½ TURN HITCH, VINE LEFT, SCUFF

- 1-2 Step right foot to right; step left behind right
- 3-4 Turn ¼ right, stepping forward on right; turn ¼ right hitching left foot
- 5-6 Step left foot to left; step right behind left
- 7-8 Step left foot to left: scuff right

#### JAZZ BOX ENDING IN SCUFF, TRIPLE STEP FORWARD, HOLD

- 1-2-3-4 Step right over left, step back on left, step right, scuff left
- 5-6-7-8 Step forward on left, close right beside left, step forward left, hold

# TOUCH OUT, IN, OUT, HOLD, BEHIND, SIDE, CROSS. HOLD

- 1-2-3-4 Touch right toe to right, touch right toe by left foot, touch right toe to right, hold
- 5-6-7-8 Step right behind left, step left to left, step right over left, hold

# TOUCH OUT, IN, OUT, HOLD, SAILOR 1/4 LEFT, HOLD

- 1-2-3-4 Touch left toe to left, touch left toes by right foot, touch left toe to left, hold
- 5-6-7-8 Make 1/4 turn left by sweeping left behind right, step right by left, step forward on left, hold

# ROCKING CHAIR, STEP-LOCK-STEP, HOLD

- 1-2-3-4 Rock forward on right, recover on left, rock back on right, recover left
- 5-6-7-8 Step forward on right, lock left behind right, step forward on right, hold

# KICK BALL STEP, HOLD, STEP ¾ PIVOT RIGHT, STOMP, HOLD

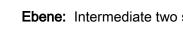
- 1 2 3 4Kick forward with left, step left by right, step forward on right, hold
- 5-6-7-8 Step forward on left, pivot 3/4 right, stomp left, hold

# PART B

#### RIGHT HEEL, LEFT HEEL, SWIVEL HEELS RIGHT (2X), SWIVEL HEELS LEFT & BACK

- 1-2-3-4 Touch right heel forward, step right back in place, touch left heel forward, step left back in place
- Swivel both heels to the right while knees bend pointing to the left, swivel heels back to 5-6-7-8 center while straightening knees, repeat swivels
- 9-10 Swivel both heels to the left while knees bend pointing to the right, swivel heels back to center (weight ending on right)

# LEFT HEEL, RIGHT HEEL, SWIVEL HEELS LEFT (2X), SWIVEL HEELS RIGHT & BACK







Wand: 4

- 1-2-3-4 Touch left heel forward, step left back in place, touch right heel forward, step right back in place
- 5-6-7-8 Swivel both heels to the left while knees bend pointing to the right, swivel heels back to center while straightening knees, repeat swivels
- 9-10 Swivel both heels to the right while knees bend pointing to the left, swivel heels back to center (weight ending on left)

# TAG

#### KICK BALL STEP, HOLD, STEP-LOCK-STEP FORWARD, HOLD, ½ PIVOT RIGHT

- 1-2-3-4 Kick forward with right, step right by left, step forward on left, hold
- 5-6-7-8 Step forward on right, lock left behind right, step forward on right, hold
- 9-10 Step forward on left, pivot <sup>1</sup>/<sub>2</sub> turn right (weight change to right foot)

#### STEP-LOCK-STEP FORWARD, HOLD, KICKBALL STEP, HOLD

- 1-2-3-4 Step forward on left, lock right behind left, step forward on left, hold
- 5-6-7-8 Kick forward with right, step right by left, step forward on left, hold