

Apart No More

Count: 40

Wand: 4

Ebene: Improver

Choreograf/in: Wanda Heldt (AUS)

Musik: No More - Glenn Rogers



REVERSE BOX - SIDE TOGETHER, BACK, HOLD, SIDE TOGETHER FORWARD, HOLD

- 1-2 Step right to right side, step left next to right
- 3-4 Step back on right, hold on count 4 (weight on right foot)
- 5-6 Step left to left side, step right next to left
- 7-8 Step forward on left, hold on count 8 (weight on left foot)

RIGHT KICK, FRONT, SIDE, ¼ TURN TOE HEEL, LEFT KICK, FRONT, SIDE, ¼ TURN TOE, HEEL

- 1-2 Kick right front, kick side, pivot a ¼ turn right
- 3-4 Touch right toe beside left, drop right heel (weight on right foot)
- 5-6 Kick left front, kick side, pivot a ¼ turn left
- 7-8 Touch left toe beside right, drop left heel, (weight on left foot)

HIPS BUMPS FORWARD RIGHT, LEFT, RIGHT, LEFT

- 1&2 Step right to right diagonal, hip bumps right-left-right
- 3&4 Step left to left diagonal, hip bumps left-right-left
- 5&6 Step right to right diagonal, hip bumps right-left-right
- 7&8 Step left to left diagonal, hip bumps left-right-left

STEP FORWARD RIGHT, PIVOT ½ STEP, HOLD, STEP FORWARD LEFT, PIVOT ½ STEP, HOLD

- 1-2 Step right forward, pivot ½ turn left
- 3-4 Step right forward, hold on count 4 (weight on right foot)
- 5-6 Step left forward, pivot ½ turn right
- 7-8 Step left forward, hold on count 8 (weight on left foot)

RIGHT VINE TOUCH, LEFT VINE ¼ TURN TOUCH

- 1-2 Step right to side, step left behind right
- 3-4 Step right to side, touch left beside right (weight on right foot)
- 5-6 Step left to side, step right behind left
- 7-8 Step ¼ turn left on left, (weight on left) touch right beside left

REPEAT
