

# No No No

**Count:** 32

**Wall:** 2

**Level:** High Beginner

**Choreographer:** Gail Smith (USA) & Lindy Bowers (USA) - June 2016

**Music:** NO - Meghan Trainor



**INTRO: 4 Counts after the hard beat, on the word "MY" (My name is NO)**

## **DIAGONAL SKATE SHUFFLES (R&L), STOMP- TOE FANS (R&L)**

- 1 & 2 Skate R into a fwd R diagonal shuffle R-L-R
- 3 & 4 Skate L into a fwd L diagonal shuffle L-R-L
- 5 & 6 Stomp R slightly fwd, fan R toes out (look R), fan R toes in (look fwd)
- 7 & 8 Stomp L slightly fwd, fan L toes out (look L), fan L toes in (look fwd)

## **HIP SWAYS, SHUFFLE 1/4 TURN R, PIVOT 1/4 R w CROSS**

- 1-2-3-4 Step R to side and swing your hips R-L-R-L (Styling option -Lick your lips)
- 5 & 6 Shuffle 1/4 turn R (R-L-R) 3:00
- 7 & 8 Step L fwd, pivot 1/4 turn R, step L across R - 6:00

**\*\*\*\*\* RESTART on Wall 8. Happens facing 12:00**

**Music totally STOPS - HOLD for 2 counts (1&2), then Restart.**

**Styling - Shake head back & forth and wag finger - motioning NO, NO, NO!**

## **SIDE SHUFFLE, BACK-ROCK-SIDE, STOMP-TAP-STEP (R & L)**

- 1 & 2 Shuffle to R side ( R-L-R)
- 3 & 4 Rock L back, recover onto R, step L to side
- 5 & 6 Stomp R slightly fwd, tap heel in place, step R in place
- 7 & 8 Stomp L slightly fwd, tap heel in place, step L in place

## **SYNCOATED ROCKING CHAIRS, PIVOT 1/2, PIVOT 1/2**

- 1 & 2 & Rock R fwd, recover onto L, rock R back, recover onto L
- 3 & 4 & Rock R fwd, recover onto L, rock R back, recover onto L

**(Option - Slow rocking chair)**

- 5 - 6 Step R fwd, pivot 1/2 turn L - 12:00
- 7 - 8 Step R fwd, pivot 1/2 turn L - 6:00

**(Option for two 1/2 pivot turns: Slow rocking chair)**

**One possible ending would be 2 slow rocking chairs.**

**Start Again**

**Contact Info:** ☐

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