

No Second Chances

Count: 40

Wall: 0

Level: Beginner

Choreographer: Julie Hawkins (UK) - November 2023

Music: This Life - Take That



Intro: 16 counts - No Tags or restarts

SEC 1 STEP, CLOSE, CROSS SHUFFLE (TWICE)

- 1-2 Step right on right, close left beside right
- 3&4 Cross right over left, step left on left, cross right over left
- 5-6 Step left on left, close right beside left
- 7&8 Cross left over right, step right on right, cross left over right

SEC 2 SIDE, BEHIND, SIDE (VINE R), TOUCH, SIDE, BEHIND, SIDE (VINE L), TOUCH

- 1-2-3-4 Step Right to Right, Step Left behind Right, Step Right to Right, Touch Left beside Right
- 5-6-7-8 Step Left to Left, Step Right behind Left, Step Left to Left, Touch Right beside Left

Sec 3 MAMBO TRIPLE STEP (TWICE)

- 1-2 Right mambo forward, recover on Left
- 3&4 Triple step in place stepping right, left, right
- 5-6 Left mambo back, recover on right
- 7&8 Triple step in place stepping left, right, left

Sec 4 V STEP, V STEP

- 1,2,3,4 Step Right fwd onto Right diagonal (45 deg), Step Left fwd onto Left diagonal (45 deg), Step Right back to centre, Step Left beside Right
- 5,6,7,8 Step Right fwd onto Right diagonal (45 deg), Step Left fwd onto Left diagonal (45 deg), Step Right back to centre, Step Left beside Right

Sec 5 SIDE TOUCH, SIDE TOUCH, JAZZBOX ¼ TURN

- 1,2,3,4 Step Right to Right side, touch Left beside Right, Step Left to Left side, touch Right beside Left,
 - 5-6 Cross Right over Left, step back on Left
 - 7-8 ¼ Right stepping Right to Right side, step Left next to Right
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