

No Woman No Cry

Compte: 32

Mur: 4

Niveau: Beginner

Chorégraphe: Muki Matohir Royal (INA) - July 2015

Musique: No Woman No Cry - Boney M. : (2000)



Intro : 32 Count □ Start On : No Woman No Cry

#1. □ Prizzy Walk – R Chase – Prizzy Walk – L Chase

- 1-2 . □ Step R forward cross, step L forward
- 3&4 . □ Step R to side, step L beside R, step R to side
- 5-6 . □ Step L forward cross, step R forward
- 7&8 . □ Step L to side, step R beside L, step L to side

#2. □ Jazz Box Turn ¼ Right – Rocking Chair

- 1-2 . □ Cross R over L, Turn ¼ R Step L Back
- 3-4 . □ Step R to side, Step L forward □ □ □ (03.00)
- 5-6 . □ Step R forward, Recover on L
- 7-8 . □ step R backward, Recover on L

#3. □ Side – Beside – R Chase – Turn ½ Right – Side – Beside – L Chase

- 1-2 . □ Step R to side, Step L beside R
- 3&4 . □ Step R to side, Step L beside R, Step R to side
- 5-6 . □ Turn ½ R Step L to side, Step R beside L □ (09.00)
- 7&8 . □ Step L to side, Step R beside L, Step L to side

#4. □ Touch Heel – Touch – R Chase – Touch Heel – Touch – L Chase

- 1-2 . □ Touch Heel R forward, Touch R beside L
- 3&4 . □ Step R to side, Step L beside R, Step R to side
- 5-6 . □ Touch Heel L forward, Touch L beside R
- 7&8 . □ Step L to side, Step R beside L, Step L to side

NO TAG NO RESTART

Contact: muki_dans@yahoo.co.id