

No Woman No Cry

Compte: 32

Mur: 4

Niveau: Low Improver

Chorégraphe: Lars Kuif (NL) - January 2020

Musique: No Woman No Cry (Soke Remix) - Bob Marley



Info: Starts after 40 counts

[1 – 8] Right Grapevine Heel Jack, Paddle Turn R 3x, Step Fwd.

- 1 – 2& Step R to side (1), step L behind R (2), step R to side (&) [12.00]
3&4 Touch L heel fwd. (3), step L next to R (&), step R across L (4) [12.00]
5 – 8 1/8 R + point L to side (5), repeat count 5 (6), 1/4 R + Point L to side (7), step L fwd. (8) [06.00]

[9 – 16] Paddle Turn L 3x, Cross, Touch, Side, Heel-Toe-Heel

- 1 – 4 1/8 L + point R to side (1), repeat count 1 (2), 1/4 L + point R to side (3), step R across L (4) [12.00]
5&6 Step L to side (5), touch R next to L (&), touch RF to side (6) [12.00]
7&8 Swivel R heel in (7), swivel R toe in (&), swivel R heel in (8) [12.00]

[17 – 24] Cross Rock, Side Rock, Cross Rock, Side, L Samba Cross, R Samba Cross Into 1/4 R

- 1&2& Rock R across L (1), recover to L (&), rock R to side (2), recover to L (&) [12.00]
3&4 Rock R across L (3), recover to L (&), step R to side (4) [12.00]
5&6 Step L across R (5), rock R to side (&), recover to L (6) [12.00]
7&8 Step R across L (7), rock L to side (&), 1/4 R recovering weight to RF [03.00]

[25 – 32] L Mambo Step, R Shuffle Back, Coaster Cross, Kick-Ball-Cross

- 1&2 Rock L fwd. (1), recover to R (&), step L back (2) [03.00]
3&4 Step R back (3), step L next to R (&), step R back (4) [03.00]
5&6 Step L back (5), step R next to L (&), step L across R (6) [03.00]
7&8 Kick R diag. fwd. (7), step R next to L (&), step L across R (8) [03.00]

Begin again!

Questions: larskuiflinedance@gmail.com