

No Mercy

拍数: 48 墙数: 4 级数: Improver
编舞者: Ivonne Verhagen (NL) - February 2015
音乐: I Feel a Sin Comin' On - Jason McCoy



Dance starts after 32 counts (on vocals)

S1: CROSS OVER, DIAGONAL BACK, DIAGONAL SHUFFLE BACK (2X)

1,2 RF cross over LF, LF step diagonal back
3&4 RF step right diagonal back, LF close to RF, RF step right diagonal back
5,6 LF cross over RF, RF step diagonal back
7&8 LF step left diagonal back, RF close to LF, LF step left diagonal back

* Restart in Wall 2

(wall 9 add the last 8 counts to finish the dance)

S2: TOUCH SIDE & TOUCH SIDE & KICK & KICK & CROSS BEHIND, ¼ TURN LEFT & STEP BACK, COASTER STEP

1&2& RF touch right to the side, RF step centre, LF touch left to the side, LF step centre
3&4 RF Kick (left) diagonal, RF step on RF, LF kick (left) diagonal
&5,6 LF step diagonal forward (on your toe), RF touch toe behind LF (Stretch legs & Releve) ¼
 turn left & RF step back (Bend right leg & push hips a bit back) Kick LF forward
7&8 LF step back, RF close to LF, LF step forward

* Restart in Wall 6

S3: SHUFFLE FORWARD, PIVOT ½ RIGHT, SHUFFLE FORWARD, ROCK STEP

1&2 RF step forward, LF close to RF, RF step forward
3,4 LF step forward, ½ turn right, RF step forward
5&6 LF step forward, RF close to LF, LF step forward
7,8 RF rock forward, LF weight back on LF

S4: PIVOT ½ TURN, 1 ½ TURN (Easy OPTION count 5-8 2x Pivot ½ turn)

&1&2 RF step out, 1/8 left & LF step out, RF step out, LF step out
&3&4 RF step out, 1/8 left & LF step out, RF step out, LF step out
5,6 RF step forward, ½ turn left (weight on LF)
&7&8 RF close to LF, ½ turn left & LF step forward, ½ turn left RF close to LF, ½ turn left & LF step
 forward

S5: ROCK STEP, SHUFFLE ½ TURN RIGHT, ROCK STEP, ¼ TURN LEFT & SHUFFLE

1,2 RF rock forward, LF weight back on LF
3&4 ¼ turn right & RF step side, LF close to RF, ¼ turn right & RF step side
5,6 LF rock forward, RF weight back on RF
&7&8 ¼ turn left, LF step forward, RF close to LF, LF step forward

S6: OUT, OUT, HOLD, HOLD, 4X ¼ PADDLE TURNS (OR A 4 COUNT FANTASY MOVEMENT)

&1,2,3,4 RF step out, LF step out, Hold, Hold
&5&6 ¼ turn left & RF touch side, ¼ turn left & RF touch side
&7&8 ¼ turn left & RF touch side, ¼ turn left & RF touch side

NOTE: -

Restart the dance in wall 2 after 8 counts

Restart the dance in wall 6 after 16 counts

Finish the dance in wall 9: add the last 8 counts after the first 8 counts

Have fun!!

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