

# No to the No

COPPER KNOB  
BY STEPHEN BRETZ

拍数: 32      墙数: 4      级数: Improver  
编舞者: Mitzi Day (USA) - May 2016  
音乐: NO - Meghan Trainor



Dance starts after meghan sings sweet and finishes with a strong "No to the no to the no"  
Note: every time the lyrics say, "no to the no to the no no no" the last section of 8 is danced.

**(1-8) Rock recover, Big step left, Cross rock turn 1/4 right, step on right. Very fast count.**

1-2            Left rock back recover on right.  
3-4            Big step to left. Step down on left.  
5-6            Right cross over left. Recover on left.  
7-8            Turn 1/4 right. Step down on right. (3:00)

**(9-16) Press forward L, recover R, Hitch L hold. Step back on L, R across L, step L to left side rock**

1-2            Step L forward and lean forward over left foot keeping chest tall. In other words keeping  
**frame. Recover weight on R.**  
3-4            Hitch left knee up. Hold.  
5-6            Step slightly back on L, cross R over and put weight on R.  
7-8            Step left to left side and rock on left, recover weight on R. (3:00)

**(17-24) L kick step L down, R side rock recover, full turn over left using 2 presses. (3:00)**

1-2            Kick L foot forward, replace L on floor.  
3-4            Step R to R side, then recover weight on L.  
5-6            Look to your left and pick R knee slightly up and then push R on floor to help turn 1/2 to L Full  
weight stays on left  
7-8            Keep looking to left and continue turning 1/2 left with one more R push (3:00) Full weight is  
still on L

**(25-32) Step R big diagonal R, Touch L, Step big diagonal L, Touch R. Touch R out in big step R to R.**

1-2            Big step R diagonal to R. Touch L to R instep keeping weight on R.  
3-4            Big step L diagonal to L. Touch R to L instep keeping weight on L.  
5-6            Keeping weight on L touch R toe to R side then touch R toe to L instep  
7-8            Take big step to R and drag L

One easy Tag: when music is at 3:00 minutes after Meghan sings the section about untouchable and says "untouchable" a hundred times after the 32 ct dance you will be facing 9:00 and there will be dead air for 1 second.

Just freeze and breathe and start dance when music starts.