

No More Messing

拍数: 32 墙数: 4 级数: Beginner / Improver
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音乐: I'm Your Man - Phillip Parsons : (EP - iTunes and amazon)



(32 Counts start on vocals + 2 restarts)

A: Right Kick Kick, Rock Back Recover, Right Shuffle, Rock left recover, behind and cross

1&2& Kick Right foot forward twice, rock back onto right foot and recover onto left
3&4 Step Forward onto Right, Step left next to right, step forward onto right
5&6 Step left to side and rock on it then recover weight onto right foot
7&8 Step left behind right, step right to the side, step left over right, weight on left

B: 2 x Left ¼ turns, run right left right, Left scuff step hip bump left 2 right 2 left

9&10& Step right foot slightly forward and turn ¼ turn to left, repeat
11&12 Run forward three short steps right left right
13&14 Scuff left heel against right and step left forward (weight remains on right foot) and hip bump to left (diagonally)
15&16& Bump Hips twice to the right and twice to the left (diagonally)

C: Left Coaster ¼ turn. Right side together Right chassis shuffle with ¼ turn right Left step forward ½ turn left step onto left

17&18 Step left behind right make ¼ turn over left shoulder step onto right then left
19-20 Step right foot to side step left alongside right
21&22 Step right to side, step left foot alongside right and making ¼ turn right over right shoulder step right foot forward
23&24 step left foot forward turn ½ turn over right shoulder stepping onto right foot, step left next but slightly apart from right

D: Stomp right, Scuff left, hitch Step left, Stomp right fan out and in, rock left recover scuff, left coaster step

25&26& Stomp Right foot, scuff left next to right hitch left knee then stomp onto left
27&28 Keeping weight on left Stomp right foot and fan toes to right and back and transfer weight to right foot
29&30 Rock left to side recover onto right and scuff left heel
31&32 Step back on left foot ,step right in place and step left in place

Restarts – Walls 1+2 complete in full, Wall 3 dance to beat 10 RESTART then walls 4&5 complete in full, wall 6 dance to beat 28 RESTART, then wall 7 continue to end

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