

No, No, No

拍数: 80 墙数: 4 级数: Intermediate
编舞者: Forty Arroyo (USA) - May 2016
音乐: NO - Meghan Trainor



*4 beats after intro; Starts on lyric "My name is No"

Seq: 80, 80, 80, Tag: Do what you feel for 2 cts, dance 48 counts to end.

[1-8] □ R SAILOR STEP, L SAILOR STEP, CROSS, STEP, TOUCH, BOUNCE (3X)

1&2 Step R behind L, Step L to side, Step R to side
3&4 Step □L behind R, Step R to side, Step L to side
5-7 Cross R over L, Step back on L, Touch R toes back
&&& Bounce both heels 3 times – completing a ¼ to right – and shifting weight onto L.

[9-16] □ CROSS ROCK, RECOVER, STEP SIDE (REPEAT), HIP SWAYS

1&2 Cross R over L(1), Recover weight on L(&), Step R to side(2)
&3& Cross L over R(&), Recover weight on R(3), Step L to side(&)
4& Cross R over L(4), Recover weight on L(&)
5-8 Sway hips – right, left, right, left

[17-32] REPEAT STEPS [1 THRU 16]

[33-40] SIDE, TOGETHER, CROSS, ½ R, STEP BACK-KNEE POP, SHUFFLE, CHASE TURN

1&2 Step R slightly forward – right diagonal, Step L next to R, Cross R in front of L – prep for ½ R
3,4 Pivot ½ right on R – stepping L next to R, Step back on R – popping L knee.
5&6 Shuffle forward – L, R, L
7&8 Step forward on R, Pivot ½ turn to left (weight on L), Step forward on R

[41-48] REPEAT STEPS [33-40] WITH REVERSE FOOTWORK, (SIDE, TOGETHER, CROSS, ½ R, STEP BACK-KNEE POP, SHUFFLE, CHASE TURN)

1&2 Step L slightly forward – left diagonal, Step R next to L, Cross L in front of R – prep for ½ L
3,4 Pivot ½ left on L – stepping R next to L, Step back on L – popping R knee.
5&6 Shuffle forward – R, L, R
7&8 Step forward on L, Pivot ½ turn to right (weight on R), Step forward on L (end at 6:00)

[49-56] WEAWE WITH ¼ TURN, WEAWE RIGHT, REPEAT

1&2 Cross R in front of L, Step back on L making ¼ to right, Step R to side
3&4 Step L behind R, Step R to side, Step L in front of R
5&6 Cross R in front of L, Step back on L making ¼ to right, Step R to side
5-8 Step L behind R, Step R to side, Step L in front of R (end at 12:00)

[57-64] STEP, SWIVEL HEELS w/1/4 L - RLR, SIDE ROCK & CROSS (3X)

1, 2&3 Step R to side(1), Swivel heels right(2), Swivel heels left(&), Swivel heel right making a ¼ turn to left – weight on R(3)
4&5 Rock L to side – on ball of L, Recover on R, Cross L over R
&6& Rock R to side – on ball of R, Recover on L, Cross R over L
7&8 Rock L to side – on ball of L, Recover on R, Cross L over R (end at 9:00)

[65-72] KICK BALL CHANGE, KICK BALL TOUCH, KICK BALL CHANGE, KICK BALL TOUCH

1&2 Kick R forward, Step R to side, Step L next to R
3&4 Kick R forward, Step R to side, Touch L next to R
5&6 Kick L forward, Step L to side, Step R next to L
7&8 Kick L forward, Step L to side, Step R next to L

(styling: when doing step [65-72], angle body to R diagonal when kicking with R and L diagonal when kicking with L. Square off to the main wall when you touch.)

[73-80]STEP OUT, OUT, SWING HIPS R & L, CROSS, STEP, SIDE, STOMP

1,2 Step R slight forward right diagonal, Step L slightly forward left diagonal

3,4 Swing hips to right, Swings hips to left

5-8 Cross R over L, Step back on L, Step R slightly to side, Stomp L forward - left diagonal

End at 9:00

Last Update – 24th July 2016
