

My Name Is No

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Improver
编舞者: Annemaree Sleeth (AUS) & Adrian Helliker (FR) - June 2016
音乐: NO - Meghan Trainor : (Album: Thankyou - iTunes - 3:29)



Intro: 32 Counts Start On Lyrics (My Name Is No) 3 Restarts, 2 Tags

Section 1 [1- 8] FWD, TOUCH, FWD, TOUCH, FWD, TOUCH, FWD, TOUCH

1 - 2 Step R Diag Fwd, Touch L Tog facing 1.30
3 - 4 Step L Diag Fwd, Touch R Tog facing 10.30,
5 - 6 Step R Diag Fwd, Touch L Tog facing 1.30
7 - 8 Step L Diag Fwd, Touch R Tog facing 10.30

Styling Option Add Little Shimmies as You Move Forward

***Tag 1 16 Counts End Of Walls 2 4, 6 On Wall 6 Add Extra Tag (All Facing 12.00)**

End Of Tag 1 Wall 6 Add Tag 2 Hip Fwd Back or Click Fingers Twice

1 - 8 Fwd Touch R, L, R, L (Section 1)
1 - 4 Step R Side Sway Hips R, L, R, Touch L Beside R,
5 - 8 Step L Side Sway Hips L, R, L, Touch R Tog

#Tag 2 1 - 2 Push R Hip Fwd ,Push L Hip Back (wgt L) Clicking Fingers Twice Above Head

Section 2 [9 – 16] SIDE SHUFFLE, FLICK/HITCH 1/4 L SHUFFLE FWD, MAMBO , BACK SWEEP, BACK SWEEP

1 & 2 & Step R Side, Step L Tog, Step R Side, Flick L Foot Across R
3 & 4 Turn ¼ L Step L Fwd, Step R Tog, Step L Fwd 9.00
5 & 6 Rock R Fwd, Recover L, Step R Back
7 - 8 Sweep L Behind R Step On L (wgtL) Sweep R Behind L Step On R

Section 3 [17- 24] COASTER, STEP, LOCK, STEP, STEP, LOCK, STEP, STEP, ¼ PIVOT, CROSS

1 & 2 Step L Back, Step R Tog, Step L Fwd
3 & 4 Step R Fwd, Lock/cross L Behind R , Step R
5 & 6 Step L Fwd, Lock/Cross R Behind L, Step Fwd,
7 & 8 Step R Fwd, Pivot ¼ L, Cross R over L 6.00

Styling Options Push Into Step Locks For More Latin Feel

Section 4 [25- 32] SIDE, RECOVER, CROSS, MAMBO, BACK SYNCOPATED ROCKING CHAIR

1 & 2 Rock L Side, Recover R , Cross L Slightly Fwd Over R
3 & 4 Rock R Fwd, Recover L ,Step R Back
5 & 6 & Rock L Back, Recover R, Step L Fwd, Recover R
7 & 8 Rock L Back, Recover R, Step L Fwd,

Ending Facing 6.00 Dance First 16 Counts (Sweeps) Step L ¼ L To Face Front And Pose