

No No No

拍数: 32 墙数: 2 级数: High Beginner
编舞者: Gail Smith (USA) & Lindy Bowers (USA) - June 2016
音乐: NO - Meghan Trainor



INTRO: 4 Counts after the hard beat, on the word "MY" (My name is NO)

DIAGONAL SKATE SHUFFLES (R&L), STOMP- TOE FANS (R&L)

1 & 2 Skate R into a fwd R diagonal shuffle R-L-R
3 & 4 Skate L into a fwd L diagonal shuffle L-R-L
5 & 6 Stomp R slightly fwd, fan R toes out (look R), fan R toes in (look fwd)
7 & 8 Stomp L slightly fwd, fan L toes out (look L), fan L toes in (look fwd)

HIP SWAYS, SHUFFLE 1/4 TURN R, PIVOT 1/4 R w CROSS

1-2-3-4 Step R to side and swing your hips R-L-R-L (Styling option -Lick your lips)
5 & 6 Shuffle 1/4 turn R (R-L-R) 3:00
7 & 8 Step L fwd, pivot 1/4 turn R, step L across R - 6:00

******* RESTART on Wall 8. Happens facing 12:00**

Music totally STOPS - HOLD for 2 counts (1&2), then Restart.

Styling - Shake head back & forth and wag finger - motioning NO, NO, NO!

SIDE SHUFFLE, BACK-ROCK-SIDE, STOMP-TAP-STEP (R & L)

1 & 2 Shuffle to R side (R-L-R)
3 & 4 Rock L back, recover onto R, step L to side
5 & 6 Stomp R slightly fwd, tap heel in place, step R in place
7 & 8 Stomp L slightly fwd, tap heel in place, step L in place

SYNCOATED ROCKING CHAIRS, PIVOT 1/2, PIVOT 1/2

1 & 2 & Rock R fwd, recover onto L, rock R back, recover onto L
3 & 4 & Rock R fwd, recover onto L, rock R back, recover onto L

(Option - Slow rocking chair)

5 - 6 Step R fwd, pivot 1/2 turn L - 12:00

7 - 8 Step R fwd, pivot 1/2 turn L - 6:00

(Option for two 1/2 pivot turns: Slow rocking chair)

One possible ending would be 2 slow rocking chairs.

Start Again

Contact Info: □

Gail Smith - stepbystep.gail@gmail.com

Lindy Bowers - lindysdancelines@gmail.com