

# 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**

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