

# No Pressure

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - May 2016  
音乐: What's the Pressure - Laura Tesoro



Start after 16 count intro – 2mins 51secs – 117bpm - Please note this is with a restart

Wanna Dance – Nathan Carter - Start after 32 count intro – 18 secs – 107bpm – 4mins 43secs – No restart

Music Available: Amazon

## [1-8] L fwd, R kick ball L & R switches, R together, L fwd, heel twist, L coaster

1, 2&3      Step L forward, kick R forward, step R together, point toes left side  
&4&      Step L together, point toes right side, step R together  
5&6      Step L forward, twist both heels left, twist both heels centre (weight on R)  
7&8      Step L back, step R together, step L forward

## [9-16] R fwd, ½ L pivot turn, R fwd shuffle, R full turn fwd, L fwd shuffle

1-2      Step R forward, pivot ½ left (6 o'clock)  
3&4      Step R forward, step L together, step R forward  
5-6      Turning ½ right step L back, turning ½ left step R forward (6 o'clock)  
7&8      Step L forward, step R together, step L forward

## [17-24] R heel fwd, R together, L toes together, L back, R toes together, R back, L heel fwd, L back, R fwd, ¼ L pivot turn, R cross shuffle

1&      Touch R heel forward, step R together  
2&      Touch L toes together, step L back  
3&      Touch R toes together, step R back  
4&      Touch L heel forward, step L back  
5-6      Step R forward, pivot ¼ left (3 o'clock)  
7&8      Cross step R over L, step L side, cross step R over L

## [25-32] ½ R hinge turn, L cross shuffle, R side rock/recover, R together, L side rock/recover

1-2      Turning ¼ right step L back, turning ¼ right step R side (9 o'clock)  
3&4      Cross step L over R, step R side, cross step L over R  
5-6&      Rock R side, recover weight on L, step R together  
7-8      Rock L side, recover weight on R

## [33-40] L sailor, R sailor, L behind-side-cross, ½ L hinge turn

1&2      Cross step L behind R, step R side, step L side  
3&4      Cross step R behind L, step L side, step R side  
5&6      Cross step L behind R, step R side, cross step L over R  
7-8      Turning ¼ left R back, turning ¼ left step L side (3 o'clock)

## [41-48] R heel jack, L cross shuffle, ¼ L & back 2, R cross step, L back

1&2&      Cross step R over L, step L back, touch R heel forward, step R back  
3&4      Cross step L over R, step R side, cross step L over R  
5-8      Turning ¼ left step R back, step L back, cross step R over L, step L back (12 o'clock)

## [49-56] R rock back/recover, ½ L shuffle, L rock back/recover, L fwd shuffle

1-2      Rock R back, recover weight on L  
3&4      Turning ½ left step R back, step L together, step R back (6 o'clock)  
5-6      Rock L back, recover weight on R

7&8 Step L forward, step R together, step L forward

**[57-64] R syncopated jazz ball cross, ¼ L, L ball cross, L side, R coaster**

1-2& Cross step R over L, step L back, step R side

3-4 Cross step L over R, turning ¼ left step R back (3 o'clock)

&5-6 Step L side, cross step R over L, step L side

7&8 Step R back, step L together, step R forward

**When using Tesoro track, Restart on wall 2 after count 36 facing front wall**

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