

No More

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Sissel Madsen (UK) - April 2017
音乐: No More Sad Songs (feat. Machine Gun Kelly) - Little Mix



Intro: 16 counts – Weight: LF

Cross samba x 2, Kick Ball Change, Triple Step

1&2 Cross RF over L, step L to L side, step R to R side.
3&4 Cross LF over R, step R to R side, step L to L side.
5&6 Kick RF, step RF next to L, recover weight on LF.
7&8 Step on the spot R, L, R.

Walk L, R, Coaster ½ turn, Mambo fwd, Mambo backw.

1, 2 Walk LF fwd, walk RF fwd.
3&4 Step behind on LF turning ½ (facing 6 o'clock), step RF next to L, step LF fwd.
5&6 Rock RF fwd, recover on L, step back on RF.
7&8 Rock back on LF, recover on R, step LF fwd.

Side rock, Behind side cross, Side rock, Behind side fwd.

1,2 Step RF to R side, recover on L.
3&4 Step RF behind L, step LF to L, cross RF over L.
5,6 Step LF to L side, Recover on R.
7&8 Step LF behind R, step RF to R side, step fwd on LF.

Tap, Twist, Coaster, Step turn step, Step Turn:

1&2 Tap R toes fwd, Lift R&L heels and twist heels to R side and back.
3&4 Step back on RF, step LF next to R, step fwd on R.
5&6 Step fwd. on LF, turn half (facing 12 o'clock), step fwd on LF.
7, 8 Step fwd on RF, turn half (facing 6 o'clock).

TAG: Facing 6 o'clock: After finishing wall 3, do the Samba x2 and then Restart.

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