

No Apology

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Sally Hung (TW) - July 2018
音乐: No Apology by Karencitta



Intro: 32 counts - No Tag, No Restart

S1. FAN R HEEL, COASTER STEPS, SIDE ROCK RECOVER, TOGETHER, SIDE ROCK RECOVER

1&2& Touch R toe fwd and fan R heel on ball of R toe, out-in-out-in
3&4 Step back on R, step L together, step R fwd
5,6&7.8 Rock L to the L, recover onto R, step L together, rock R to the R, recover onto L

S2. HEEL SWITCHES, TOE SWITCHES, SIDE ROCK, BEHIND RECOVER, SIDE ROCK, BEHIND RECOVER

1&2& Touch R heel fwd, step R next to L, touch L heel fwd, step L next to R
3&4& Touch R toe to R side, step R next to L, touch L toe to L side, step L next to R
5&6 Rock R to the R, cross rock L behind R, recover onto R
7&8 Rock L to the L, cross rock R behind L, recover onto L

S3. ½ PADDLE TURN L, COASTER STEP, ½ PADDLE TURN R, COASTER STEP

1&2& Stomp R fwd, paddle ¼ turn L, stomp R fwd, paddle ¼ turn L
3&4 Step back on R, step L together, step R fwd
5&6& Stomp L fwd, paddle ¼ turn R, stomp L fwd, paddle ¼ turn R
7&8 Step back on L, step R together, step L fwd

S4. KICK BALL POINT (X2), TOUCH, BRUSH, BIG STEP, TOUCH, BRUSH, ¼ L

1&2 Kick R fwd, step R back in place, point L toes to the L
3&4 Kick L fwd, step L back in place, point R toes to the R
5&6 Touch R toe next to L, brush R fwd, big step to the R
7&8 Touch L toe next to R, brush L fwd, ¼ turn L stepping L fwd

Have Fun!

Contact Sally Hung: hung1125@gmail.com