

No Drama

拍数: 64 墙数: 2 级数: Phrased Advanced - Non-Country
编舞者: Shane McKeever (N.IRE) - October 2018
音乐: No Drama (feat. Craig David) - James Hype



Sequence: A B B A, A B B A, B

Part A:

A[1-8] Forward, Touch, Back, Heel, Together Point x2, Swivel Heel Toe Heel, ½ Turn Heel Bounce x2

1&2& Step Rf Fwd, Touch Lf Behind Rf, Step LF Back, Touch R Heel Fwd
3&4& Step Rf next to Lf, Point Lf to L Side, Step Lf next to Rf, Point Rf to R Side
5&6 Swivel R Heel In, R Toe In, R Heel In finishing with Rf across Lf
7,8 Unwind ½ Turn L bouncing heels twice (facing 6.00)

A[9-16] Forward, Touch, Back, Heel, Together Point x2, Swivel Heel Toe Heel, ½ Turn Heel Bounce x2

1&2& Step Rf Fwd, Touch Lf Behind Rf, Step LF Back, Touch R Heel Fwd
3&4& Step Rf next to Lf, Point Lf to L Side, Step Lf next to Rf, Point Rf to R Side
5&6 Swivel R Heel In, R Toe In, R Heel In finishing with Rf across Lf
7,8 Unwind ½ Turn L bouncing Heels twice (facing 12.00)

A[17-24] Slide R Diagonal, Touch, Side Shuffle L Diagonal, Syncopated Jazz Box, Cross Shuffle

1,2,3&4 Slide Rf to R Diagonal, Touch Lf next to Rf, Step Lf to L Diagonal, Step Rf next to Lf, Step Lf to L Side
5,6&7&8 Cross Rf in front of Lf, Step Lf Back, Step Rf to R Side, Cross Lf in front of Rf, Step Rf to Rf Side, Cross Lf in front of Rf

A[25-32] Slide ¼ Turn Touch x3, Ball Cross, ¼ Turn Step Forward

1,2,3,4 Slide Rf to R Side, ¼ Turn L as you Touch Lf next to Rf (facing 9.00), Slide Lf to L Side, ¼ Turn L as you Touch Rf next to Lf (facing 6.00)
5,6&7,8 Slide Rf to R Side, ¼ Turn L as you Touch Lf next to Rf (facing 3.00), Step ball of Lf to L Side, Cross Rf in front of Lf, ¼ Turn L Stepping Lf Fwd (facing 12.00)

Part B:

B[1-8] Hitch Cross, Point, Back Paddle ½ Turn, Coaster Step, Kick, Out Out

1&2 Hitch R Knee, Cross Rf in front of Lf, Point Lf to L Side
3,4 ¼ Turn L pointing Lf to L Side, ¼ Turn L pointing Lf to L Side (facing 6.00)
5&6 Step Lf Back, Step Rf next to Lf, Step Lf Fwd
7&8 Kick Rf Fwd, Step Rf to R Side, Step Lf to L Side

B[9-16] Hitch Cross, Point, Back Paddle ½ Turn, Coaster Step, Kick, Out Out

1&2, Hitch R Knee, Cross Rf in front of Lf, Point Lf to L Side
3,4 ¼ Turn L pointing Lf to L Side, ¼ Turn L pointing Lf to L Side (facing 12.00)
5&6 Step Lf Back, Step Rf next to Lf, Step Lf Fwd
7&8 Kick Rf Fwd, Step Rf next to Lf, Step Lf Fwd

B[17-24] Rock, Recover, Back, Together, Swivel Out Toes, Heels, Toes, Knee Rolls

1,2 Rock Rf Fwd, Recover on to Lf
&3 Step Rf Back, Step Lf next to Rf
&4& Swivels both Toes Out, Heels out, Toes Out
5,6,7,8 Roll both Knees In, Roll Knees out leaning Body to L, Roll both Knees In, Roll Both Knees out leaning Body to R

B[25-32] Heel Grind ¼ Turn Rock Back x2, Out Out, Body Roll with Hand roll

- 1&2& Rock L Heel Fwd making $\frac{1}{4}$ Turn L, Recover on to Rf, Rock Lf Back, Recover on to Rf (facing 9.00)
- 3&4& Rock L Heel Fwd making $\frac{1}{4}$ Turn L, Recover on to Rf, Rock Lf Back, Recover on to Rf (facing 6.00)
- 5,6 Step Lf to L Side, Step Rf to R Side
- 7,8 Body Roll as you roll Both hand close together in a backwards circular motion
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