

# No Help

拍数: 32      墙数: 2      级数: Improver  
编舞者: Arnold Hamdan (INA) - December 2018  
音乐: No Help - Inna



**Start : After 16 Count**

## **Forward Swift Recover, Coaster Step, 1/4 pivot turn Left, Cross Shuffle**

1, 2, 3      Forward R, Swift L forward, Recover R  
4 & 5      Back L, close together R, Forward L  
6, 7      Forward R, Turn 1/4 Left  
8 & 1      Cross R over L, L to Left side, Cross R over L

## **Samba Step, Forward Mambo, Back Mambo**

2 & 3      Step L to Left side, Cross R behind L, recover L  
4 & 5      Step R to Right side, Cross L behind R, recover R  
6 & 7      Forward L, Recover R, Step L Back  
8 &      Step R back, Recover L,

## **Diamond**

1 & 2      Step R Forward, L to Left side, 1/8 R back  
3 & 4      Step L back, 1/8 R to Right side, 1/8 Forward L  
5 & 6      Step R Forward, 1/8 L to Left side, 1/8 R back  
7 & 8      Step L back, 1/8 R to Right side, Step L Forward

## **Step Forward, Recover Close together, Step Forward, Recover Close together, Sway option Body Roll, Back Recover**

1, 2 & 3      Step R Forward, Recover L, Close together R, Step L Forward  
4 & 5, 6      Recover R, Close Together L, Step R forward, Recover L (Sway option Body Roll)  
7, 8      Step R back, Recover L

## **Tag & Restart on Wall 8 :**

### **Jazz Box**

1,2,3,4      Step R Cross over L, Step L Back, R to Right side, Forward L