

Worry No More

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Worry B Gone - Chris Stapleton : (3:16)



Intro: 16 counts (approx. 8 secs)

S1: Sailor step, behind side cross, stomp, recover, behind ¼ step

1&2 Step R behind L, step L to left side, step R to right side
3&4 Step L behind R, step R to right side, cross L over R
5-6 Stomp R on R diagonal, recover weight on L
7&8 Step R behind L, turn ¼ L stepping forward on L, step forward on R 9.00

S2: Cross back back, cross back ½ turn, step pivot ¼ turn, cross shuffle

1,2& Cross L over R, step back on R, step back on L
3,4& Cross R over L, step back on L, ½ turn R step forward on R
5-6 Step forward on L, pivot ¼ turn R
7&8 Cross L over R, step R to right side, cross L over R 6.00

S3: Side rock, recover, ½ turn point hold, heel switches, step pivot ¼ turn

1,2& Rock R to right side, recover weight on L, making ½ turn R step R next to L
3,4& Point L to left side, hold, step L next to R
5&6 R heel forward, step R next to L, L heel forward
&7-8 Step L next to R, step forward on R, pivot ¼ turn L 9.00

S4: Vaudeville, & touch & heel, & cross, side, coaster ¼ turn

1&2 Cross R over L, step L to L side, R heel forward on R diagonal
&3&4 Step R next to L, touch L next to R, step L to left side, R heel forward on R diagonal
&5,6 Step R next to L, cross L over R, step R to right side
7&8 ¼ turn L stepping back on L, step R next to L, step forward on L 6.00

S5: ¼ turn hold, hinge ½ turn hold, hinge ½ turn, ¼ turn, ¼ turn, slide

1-2 ¼ turn L stomping R to right side, hold, (click fingers high) 3.00
3-4 ½ turn R (weight on right) step L to left side, hold, (click fingers high) 9.00
5-6 ½ turn L rocking R to right side, ¼ turn L recover weight on L 12.00
7-8 ¼ turn L big step on R to right side, slide L up to R (keep weight on right) 9.00

S6: Ball cross, side, sailor ¼, chasse ¼, back rock, recover

&1-2 Step L next to R, cross R over L, step L to left side
3&4 Step R behind L ¼ turn R, step L to left side, step R to right side
5&6 ¼ turn R stepping L to left side, step R next to L, step L to left side
7-8 Rock back on R, recover weight on L 3.00

S7: Walk, walk, step pivot ½, shuffle, ½ turn, ¼ turn

1-2 Walk forward on R, walk forward on L
3-4 Step forward on R, pivot ½ turn L
5&6 Step forward on R, step L next to R, step forward on R
7-8 ½ turn R stepping back on L, ¼ turn R stepping R to right side 6.00

S8: Cross shuffle, side rock, syncopated weave & heel

1&2 Cross L over R, step R to right side, cross L over R

3-4 Rock R to right side, recover weight on L (angle body slightly on L diagonal)
5&6& Cross R over L, step L to left side, step R behind L, step L to left side
7&8 Cross R over L, step L to left side, R heel forward on R diagonal 6.00

**Ending: 6th wall: Second section, dance to count 4&, then add the following 4 steps:
Cross left over right (5), unwind $\frac{3}{4}$ turn right (6), step forward on left (7), clap (8) facing 12.00 Ta da !**

Last Update - 5 Dec. 2020
