

# Learn to Say No

拍数: 96  
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音乐: Learn to Say No - KAYMA

墙数: 2

级数: Phrased Intermediate



Sequence: A-B-C-C-A-B-C-C-B\* (B\* only first 8 counts)

## PART A (40 counts)

### CROSS ROCK,RECOVER,SIDE,CROSS ROCK,RECOVER,SIDE,1/4TURNING SAILOR

1&2 Cross right forward,recover to left, Step R side  
3&4 Cross left forward,recover to right, Step L side  
5-6 Cross right forward,Step L side  
7&8 Cross R behind L with turn1/4 Right,L together,R forward(3:00)

### SHUFFLE FORWARD,ROCK FORWARD,ROCK BEHIND,SIDE ROCK MAMBO,CROSS

1&2 L forward,step R together,step L forward  
3-4 Rock R forward,recover on Left  
5-6 Rock R behind,recover on Left  
7&8 Rock side right,recover on Left,cross R forward

### SIDE,TOGETHER,1/4TURNIG LEFT SHUFFLE FORWARD, ROCK FORWARD/SWIVEL,RECOVER,STEP RIGHT BACK,STEP LEFT BACK STEP RIGHT BACK

1-2 Step L side,step R together  
3&4 1/4turn L forward,step R together,step L forward(12:00)  
5&6 R forward turning hell to right,recover on left,Step L back  
7-8 Step L back,Step R back

### COASTER STEP,VOUDENVILLE,VOUDENVILLE,CROSS,STEP BACK

1&2 Step L back ,step R back side L,step L forward  
&3&4 Left back,right crossed in front of the left,left to left,rihth hell diagonal right  
&5&6 Right back,left crossed in front of the right,right to right,left hell diagonal left  
&7-8 Left inside,cross right over left,left back

### STEP TURN 1/4,CROSS,WEAVE,ROCK SIDE

1-2 Step R ¼ turn to the right,cross left forward(3:00)  
3-4 step R to right side,cross L behind R,  
5-6 step R to right side,cross L over R,  
7-8 Rock side right,recover on Left

## B (24 counts)

### DIAGONALLY RIGHT SHUFFLE FORWARD,DIAGONALLY LEFT SHUFFLE FORWARD, FLICK,BACK X 3

1&2 Right diagonally right forward,step left together,step diagonally right forward  
3&4 Left diagonally left forward,step right together,step diagonally left forward  
&5 Flick R behind L, R back step to right diagonal,  
&6 Flick L behind R, L back step to left diagonal,  
&7 Flick R behind L, R back step to right diagonal,  
&8 Flick L behind R, L back step to left diagonal,

### SIDE,CROSS,SIDE,DIAGONALLY HELL,CROSS,STEP ¼ TURN,STEP ½ TURN,HOLD

1-2 Step R side,cross L behind R,Stomp  
&3 Step R together L,touch Left hell diagonal forward  
&4 Step L side R,cross R over L  
5-6 Step L 1/4turn right back(6:00),step R 1/2turn right(12:00)

7-8 Stomp L forward, Hold

**DIAGONALLY RIGHT SHUFFLE FORWARD, DIAGONALLY LEFT SHUFFLE FORWARD, FLICK, BACK X 3**

1&2 Right diagonally right forward, step left together, step diagonally right forward  
3&4 Left diagonally left forward, step right together, step diagonally left forward  
&5 Flick R behind L, R back step to right diagonal,  
&6 Flick L behind R, L back step to left diagonal,  
&7 Flick R behind L, R back step to right diagonal,  
&8 Flick L behind R, L back step to left diagonal,

**PART C (32 counts)**

**LONG STEP SIDE, ROCK, SIDE, 3/4 STEP TURN, SHUFFLE FORWARD, STEP, STOMP**

1 long step R side,  
2&3 Rock L behind R, recover on R, step L side  
4 Step R  $\frac{3}{4}$  turn Right (9:00)  
5&6 L forward, step R together, step L forward  
7-8 Step R forward, Stomp L forward

**LONG STEP SIDE, ROCK, SIDE, 3/4 STEP TURN, SHUFFLE FORWARD, STEP, STOMP**

Repeat seq. 1-8 Part C

**LONG STEP SIDE, ROCK, SIDE, 3/4 STEP TURN, SHUFFLE FORWARD, STEP, STOMP**

Repeat seq. 1-8 Part C

**JAZZ BOX  $\frac{1}{4}$  TURN RIGHT, CROSS, WEAVE**

1-2 Cross R over L, Step L back  $\frac{1}{4}$  turn to the Right (6:00)  
3-4 Step side Right, Cross L over R  
5-6 Step R to right side, cross L behind R,  
7-8 Step R to right side, cross L over R,

Last Update - 5 Jul. 2024 - R1

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