

No Lie

拍数: 32 墙数: 4 级数: Improver
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音乐: No Lie (feat. Dua Lipa) - Sean Paul



SECTION I : Walk Fwd right/left, WalkFwd Swell, Walk back right/left, Point right/left

1-2 Walk RF forward, Walk LF forward
3&4 Walk forward, both left heels, return heels to the center (left support)
5-6 Walk RF backwards, Walk LF backwards
7&&& Point RF and LF and return LF to RF side (left PdC)

SECTION II : Side rock right, Side rock left, Sailor ¼ turn left, Triple Fwd

1-2 RF to the right take support from RF, return to support LF and bring together RF to the side of LF
3-4 LF to left take support, return to support RF
5&6 LF backward with ¼ turn to the left, RF to LF side, LF forward
7&8 Not chased forward R/L/R

SECTION III : Cross samba left, Cross samba right, Hell left/right, Step left ½ turn right

1&2 LF cross in front of RF, uncross RF to the right, return to support LF
3&4 RF cross in front of LF, Uncross LF to left, return support RF
5&6& Heel L and heel R and return support RF
7-8 LF forward, ½ to the right

SECTION IV : Triple step ½ turn right, Pony back, Coaster step, Point right, Flick right, Point right

1&2 chased U-turn L/R/L
3&4 RF backward, hitch LF, RF backward
5&6 LF backwards, gather RW to LF side, LF forward (Left PdC)
7&8 Point RF to the right, Flick RF, Point RF to the right

KEEP SMILING AND START DANCING AGAIN
