

# No Lie

拍数: 32      墙数: 4      级数: Improver  
编舞者: Angelina REGOLI (FR) - February 2024  
音乐: No Lie (feat. Dua Lipa) - Sean Paul



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## 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**

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