

No News

拍数: 48 墙数: 4 级数: Easy Improver
编舞者: Maureen Sheppard (UK) - August 2024
音乐: No News - Lonestar



***No Restart if using the 2023 version. ... *1 Restart If using original 1995 version.**
Song Suggestion: "Like A Star" by DJ Otzi & The Bellamy Brothers (126) Start on lyrics, 16 counts in.
Start with Lyrics - 32 Counts in (2023 version)/(16 counts for 1995 version). Weight on L.
Dance progresses counter-clockwise.

Section.1. WALK, WALK, STEP TWIST TWIST, BACK ROCK, STEP HITCH 1/2 TURN

1-2 Walk forward R, L,
3&4 Touch R toes slightly forward, with weight on all toes Twist both heels R (&), Return to centre, (Weight ends on L)
5,6 Rock back onto R, Recover to L,
7-8 Step R forward, With weight on R, make 1/2 turn L while hitching L, (6.00)

Section.2. L SHUFFLE, R SHUFFLE, JAZZBOX TOUCH

1&2 Step L forward, Close R next to it (&), Step L forward,
3&4 Step R forward, Close L next to it (&), Step R forward,
5,6,7,8 Step L across in front of R, Step R slightly back, Step L to L side, Touch R toe next to L,

Section.3. GRAPEVINE R, Touch, L "V"-STEP

1,2,3,4 Step R to R side, Step L behind R, Step R to R side, Touch L toe next to R foot,
5,6,7,8 Step L diagonally fwd. L, Step R diagonally fwd. R, Step L back in place, Step R back in place, (Option: Heel Stands)

Section.4 GRAPEVINE L, HIPPIY WALK

1,2,3,4 Step L to L side, Step R behind L, Step L to L side, Touch R toe next to L foot,
5&6 Touch R toe forward bumping hips fwd., Bump hips back (&), Step R forward,
7&8 Touch L toe forward bumping hips fwd., Bump hips back (&), Step L forward,

Section.5 SLOW 1/2 PIVOT, 1/4 PIVOT, STOMP, STOMP

1,2,3,4 Step R forward, Make a slow 1/2 turn left over two counts, transferring weight onto L on count 4, (Option: Bounce heels as you turn)
5,6 Step R forward, Make 1/4 turn L transferring weight onto L,
7,8 Stomp R in place, Stomp L in place,

***RESTART HERE During Wall 3 if using original 1995 version. (9.00)**

Section.6. HEEL & TOE & TOE & HEEL &, TOUCH R FWD, SIDE, BACK SCUFF

1&2&3&4& Touch R heel forward, Step R in place (&), Touch L toe out to R side, Step L in place (&),
Touch R toe out to L side, Step R in place (&), Touch L heel forward, Step L in place (&),
5,6,7,8 Touch R toe forward, Touch R toe to R side, Touch R toe back, Scuff R forward.

Ending: (2023 version) During Wall 7 (Starts 6.00), dance up to end of Section.5 then make 1/4 turn L, stomping R to R side, to finish facing front wall.

... Ta-daaaaah!
:-D ... Enjoy ... :-D