

No Sad Song

拍数: 32 墙数: 2 级数: Beginner
编舞者: Gail Buswell (AUS) & Janelle Jansen (AUS) - December 2024
音乐: No Sad Song - The Wolfe Brothers : (2024 version)



Intro: 24 counts, begin on vocal 'breaker'

[1-8] WALK X 2, FWD MAMBO, BACK X 2, BACK MAMBO

1,2,3&4 Walk fwd R, L, rock fwd onto R, recover onto L(&), step R back
5,6,7&8 Walk back L, R, rock back onto L, recover onto R(&), step L fwd

[9-16] SIDE ROCK, RECOVER, STEP TOGETHER X 2, STOMP & SWIVEL X 2

1&2,3&4 Rock R to R side, recover onto L(&), step R beside L, rock L to L side, recover onto R(&),
step L beside R
5&6&7&8& * Stomp R fwd to R diagonal, swivel L in toward R – heel (&), toe, heel (&), stomp L fwd to L
diagonal, swivel R in toward L – heel (&), toe, heel (&)

(* Restart here during 3rd sequence)

[17-24] DIAGONAL BACK, SLIDE, SIDE SHUFFLE X 2

1,2,3&4 Step R back to R diagonal, slide L in (keeping weight on R), step L to L side, step R beside
L(&), step L to L side
5,6,7&8 Step R back to R diagonal, slide L in (keeping weight on R), step L to L side, step R beside
L(&), step L to L side

[25-32] HEEL, TOG, HEEL, TOG, HEEL, HOOK, HEEL, TOG, ½ TURNING WALK X 2, RUN X 3

1&2&3&4& Tap R heel to R diagonal, step R beside L (&), tap L heel to L diagonal, step L beside R (&),
tap R heel to R diagonal, hook R across L shin (&), tap R heel to L diagonal, step R beside L
(&)
5,6,7&8 Making a ½ turn to L over counts 5 – 8, walk L, R, run L, R(&), L (6:00)

Restart – dance to count 16 of 3rd sequence then restart dance at 12:00

Ending: Dance to end of 8th sequence (6:00) and continue to turn to L, adding 3 more runs R(&), L, R(&)
to finish at 12:00, splaying hands out to sides :)

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