

# No Choice

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Phil Partridge (UK)  
音乐: What Else Could I Do - Rhonda Vincent



---

## ROCK FORWARD, ROCK BACK, COASTER HEEL, CROSS BACK COASTER STEP

1-2      Rock forward right, recover onto left  
3&4      Step back right, step left next to right, touch right heel forward  
&5-6      Step right next to left, cross left over right, step right to right side  
7&8      Step back left, step right next to left, step forward left

## RIGHT SHUFFLE, ROCK ¼ TURN, CROSS BACK, 2 WALKS FORWARD

1&2      Step forward right, step left next to right, step forward right  
3&4      Rock forward left, recover onto right, ¼ turn left stepping onto left  
5-6      Cross right over left, step back onto left  
&7-8      Step right next to left, walk forward left, walk forward right

## STEP ¼ TURN, CROSS SHUFFLE, SIDE BEHIND & HEEL & CROSS

1-2      Step forward left, ¼ turn right (weight onto right)  
3&4      Cross left over right, step right to right side, cross left over right  
5-6      Step right to right side, step left behind right  
&7&8      Step right to right side, dig left heel to left diagonal

## STEP LEFT NEXT TO RIGHT, CROSS RIGHT OVER LEFT, ½ TURN RIGHT, MAMBO STEP, STEP BACK TOGETHER, 4 RUNNING STEPS FORWARD

1-2      ¼ turn right stepping back onto left, ¼ turn right stepping right to side  
3&4      Rock forward left, rock back onto right, step left next to right  
5-6      Step back onto right, step left next to right  
7&8&      Run forward right, left, right, left (small steps)

**REPEAT**

---