

# No Daddy

拍数: 32      墙数: 4      级数: Intermediate/Advanced  
编舞者: Raymond Sarlemijn (NL)  
音乐: No Daddy - Teairra Marí



## KICKBALL CROSS, OUT IN OUT TO RIGHT, IN OUT IN ON SPOT, BODY ROLL

- 1            Body to 14:00 hour face to 12:00, right foot kick to right
- &            Right foot next to left foot
- 2            Left foot cross over right foot
- 3            Right foot step to right, both knees twisted out
- &            Both knees in, while doing this go to right
- 4            Both knees out, while doing this right
- 5            Both knees in
- &            Both knees in while doing this bring heels together
- 6            Both legs straight and heels closed together
- 7-8         Body roll

### Arms for the first 6 counts

## UP AND DOWN, OUT AND CROSS UP, SHOULDERS

- 1            Bring both arms above your head, wrist to the front
- &            Roll arm down like a number 6
- 2            Arm down and open your hands to the front
- 3            Right arm to the right, left fist in front of your chest
- &            Left arm out to left, right arm next to your body
- 4            Right arm up next to your head, left wrist on hip height
- 5            Right hand on left shoulder, left hand on right hip
- &            Right hand on right shoulder, left hand on left hip
- 6            Right hand open next to right hip, left arm next to body with hand open

## CROSS BACK AND CROSS FRONT, CROSS BACK AND CROSS FRONT, TURN 4/4, FROM RIGHT TO LEFT AND DOWN AND UP WITH THE BODY

- &            Put weight on left foot
- 1            Right foot cross backwards left foot.
- &            Left foot step to left
- 2            Right foot cross in front left foot
- &            Left foot step to left
- 3            Right foot cross backwards left foot
- &            Left foot step to left
- 4            Right foot cross in front left foot
- 5            Turn 4/4 while doing this hitch left knee up
- 6            Left foot step out
- 7            Drop body from right and start to go to left
- &            Go with your body to left
- 8            Go up and touch right foot next to left foot

## RIGHT HIP FORWARD, LEFT HIP FORWARD, 4/4 BODY TWIST TURN

- 1            Right foot step forward while doing this push right hip forward
- 2            Right foot next to left foot
- 3            Left foot step forward while doing this push left hip forward
- 4            Left foot next to right foot
- &            Twist upper body  $\frac{1}{4}$  to left, legs stay on spot
- 5            Twist legs  $\frac{1}{4}$  to left

- & Twist upper body  $\frac{1}{4}$  to left, legs stay in spot
- 6 Twist legs  $\frac{1}{4}$  to left
- & Twist upper body  $\frac{1}{4}$  to left, legs stay in spot
- 7 Twist legs  $\frac{1}{4}$  to left
- & Twist upper body  $\frac{1}{4}$  to left, legs stay in spot
- 8 Twist legs  $\frac{1}{4}$  to left

**STEP FORWARD, TURN  $\frac{1}{2}$  LEFT, TURN  $\frac{1}{4}$  LEFT, TURN  $\frac{1}{4}$  LEFT, BODY BOUNCE**

- 1 Step forward on right foot
- 2 Turn  $\frac{2}{4}$  left
- 3 Hold
- 4 Slide right foot next to left foot
- 5-6 Turn  $\frac{1}{4}$  left
- & Press chest up
- 7 Contract chest down
- & Press chest up
- 8 Contract chest down
- & Press chest up

**Arms for the last 8 counts:**

**SNAKE ROLL FROM RIGHT TO LEFT, SNAKE ROLL FROM LEFT TO RIGHT, SNAKE ROLL OVER HEAD**

- & Put hands together (like praying)
- 1 Put right elbow up
- 2 Roll arms from right to left and end with left elbow up
- 3-4 Roll arms from left to right and end with right elbow up
- 5-6 Roll arms over your head from right to left and end up with hands on left hip
- 7-8 Hands in front of body

**REPEAT**

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