No Dancing Today

级数: Improver nightclub

编舞者: Audrey Watson (SCO)

音乐: I Don't Feel Like Dancin' - Scissor Sisters

SIDE TOGETHER, BACK & CROSS, SIDE, KICK BALL STEP, CLAP CLAP

- 1-2 Step right to right/side, close left next right
- 3&4 Step back on right, step left left/side, cross right over left
- 5-6&7 Step left to left, side, kick right forward, step down on right, step forward on left
- &8 Clapp hands twice

拍数: 32

FORWARD & BACK, BACK & FORWARD, STEP ¼ TURN CROSS, SIDE MAMBO

- 1&2 Rock forward on right, rock back on left, step back on right
- 3&4 Rock back on left, rock forward on right, step forward on left
- 5&6 Step forward on right, turn 1/4 left, cross right over left
- 7&8 Rock left to left/side, rock weight on right, step left next right (optional clap)

BEHIND & CROSS, BUMP & BUMP, BEHIND ¼ TURN FORWARD, KICK BALL STEP

- 1&2 Swing right out & behind left, step left to left/side, cross right over left
- 3&4 Touch left toe to left/side bumping hips left, right, left
- 5&6 Step left behind right, turn 1/4 right stepping forward on right, step forward on left
- 7&8 Kick right foot forward, step down on right, step forward on left

CROSS BACK SIDE, CROSS BACK SIDE, COASTER STEP, ROCK ¼ TURN STOMP

- 1&2 Cross right over left, step back on left, step right to right/side
- 3&4 Cross left over right, step back on right, step left to left/side
- 5&6 Step back on right, step left next right, step forward on right
- Step forward on left rock 1/4 turn right, stomp left next right 7&8

REPEAT

TAG

To be added at the end of wall 11

RIGHT ROCK CROSS, LEFT ROCK CROSS

- 1&2 Rock right to right, side, recover on left, cross right over left
- 3&4 Rock left to left/side, recover on right, cross left over right





墙数: 4