

No Mercy

拍数: 52 墙数: 4 级数:
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音乐: Tearin' Up My Heart - *NSYNC



BASKETBALL PIVOTS, SCISSOR CROSS, STEP TOUCH & CLAP

- 1-2 Left foot stays in place thru this move right foot pivots $\frac{1}{4}$ to left, right foot pivots $\frac{1}{2}$ to right
3 Right foot pivots $\frac{1}{2}$ to left
&4 Jump cross right foot over left and return
5-6 Step forward on right foot turning to face the front, touch left foot beside and clap
7-8 Right foot stays in place thru this move, left foot pivot $\frac{1}{4}$ to right, left foot pivots $\frac{1}{2}$ to left
9 Left foot pivots $\frac{1}{2}$ to right
&10 Jump cross left foot over right and return
11-12 Step forward on left foot turning to face the front, touch right foot beside and clap

KICK & TOUCH, KICK & TOUCH

- 13&14 Kick right foot forward, return right foot to center and touch left behind
15&16 Kick left foot forward, return left foot to center and touch right behind

ROCK STEP CLAP, CLAP, ROCK STEP CLAP. CLAP

- 17& Right foot rock forward, left foot steps in place
18& Right foot rocks back, left foot steps in place
19&20 Right foot returns to center, and clap, clap
21& Left foot rock forward, right foot steps in place
22& Left foot rock back, right foot steps in place
23&24 Left foot returns to center, and clap, clap

FULL TURN

- 25-26 Step forward on right foot, pivot $\frac{1}{2}$
27 Cross right foot over left foot continuing to turn another $\frac{1}{2}$ to left,
28 Step left foot beside right to make a full turn

SLIDE BACK

- &29-30 Place right foot behind with weight on left foot, roll hips forward(as in a body roll)
&31-32 Slide back making the left foot take the place of your right foot, and placing right foot behind,
roll hips forward

OUT & CROSS & OUT, CLAP, CLAP

- &33 Step right foot to right side & left foot to left side
&34 Cross right foot over left foot, left foot step in place
&35 Step right foot to right side & left foot to left side)
&36 Clap, clap

HIP BUMPS FORWARD

- &37-38 Stepping forward on right foot & pushing hips twice to right
&39-40 Stepping forward on left foot & pushing hips twice to left

BOX STEP

- 41-42 Cross right foot over left, step back on left foot,
43-44 Step right foot to right side turning $\frac{1}{4}$ to left, step left foot beside

HIP PUSHES

- 45-46 Step out to right with right foot pushing hips forward, step out to left with left foot pushing hips forward
- 47-48 Touch right to right side pushing hips forward, step on right foot pushing hips forward
- 49-50 Touch left to left side pushing hips forward, step on left foot pushing hips forward
- 51-52 Step out to right with right foot pushing hips forward, step out to left with left foot pushing hips forward

REPEAT
