

No Nooze

拍数: 48 墙数: 4 级数:
编舞者: Ray McCown
音乐: No News - Lonestar



(Note: First eight counts are danced in the shape of a diamond)

SHUFFLE FORWARD, SHUFFLE BACK WITH ¼ TURN,

1&2 Right shuffle step forward, 45 degree angle right

3&4 Left shuffle step backward turning ¼ turn right

SHUFFLE FORWARD WITH ¼ TURN, SHUFFLE BACK WITH ¼ TURN

5&6 Right shuffle step forward turning ¼ turn right

7&8 Left shuffle step backward turning ¼ turn right

(You should now be facing beginning wall)

GRAPEVINE RIGHT, GRAPEVINE LEFT WITH ¼ TURN

9 Step right foot to right side

10 Step left foot behind right

11 Step right foot to right side

12 Touch left beside right

13 Step left foot to left side

14 Step right foot behind left

15 Step left foot to left side, turning ¼ turn to the left

16 Touch right beside left

SHUFFLE, STEP, PIVOT ½, SHUFFLE, HOOK BEHIND, PIVOT ½

17&18 Right shuffle step forward

19 Step left forward

20 Pivot ½ turn right

21&22 Left shuffle step forward

23 Hook right behind left

24 Pivot ½ turn left on ball of left

HEEL-TOE TOUCHES WITH HOPS, FORWARD THREE, KICK

&25 Hop back on right, touch left heel forward

&26 Hop forward on left, touch right toe back

&27 Hop back on right, touch left heel forward

&28 Hop forward on left, touch right toe back

29 Step forward right

30 Step forward left

31 Step forward right

32 Kick left forward

BACK THREE, STEP BALL CROSS, SIDE TOUCH, HITCH WITH ¼ TURN, STEP, STEP

33 Step back left

34 Step back right

35 Step back left

&36 Step on ball of right and cross left over right

37 Touch side right

38 Lift right knee forward, turning ¼ turn left

39 Step right in place

40 Step left in place

KICK BALL CROSS, KICK BALL CROSS, SIDE TOUCH, HITCH WITH ¼ TURN, STEP, STEP

41&42 Kick right forward, step on ball of right, cross left over right

43&44 Kick right forward, step on ball of right, cross left over right

45 Touch side right

46 Lift right knee forward turning ¼ turn left

47 Step right in place

48 Step left in place

REPEAT
