

# No Pride At All

拍数: 32      墙数: 4      级数: Improver  
编舞者: DJ Dan (NL) & Wynette Miller (NL)  
音乐: Ain't Your Memory Got No Pride At All - Doug Stone



## RIGHT CROSS ROCK, CHASSE, LEFT CROSS ROCK, CHASSE

1-2      Cross/rock right over left, recover weight onto left  
3&4      Step right to right side, step left next to right, step right to right side  
5-6      Cross/rock left over right, recover weight onto right  
7&8      Step left to left side, step right next to left, step left to left side

## STEP, PIVOT ½ TURN, ½ TURN INTO LOCK STEP BACK, ROCK STEP BACK, LOCK STEP FORWARD

1-2      Step right forward, pivot ½ turn left  
3&4      Make ½ turn left step right back, lock left across right, step right back  
5-6      Rock left back, recover weight onto right  
7&8      Step left forward, lock right behind left, step left forward

### Easier option

## ROCK STEP FORWARD, LOCK STEP BACK

1-2      Rock right forward, recover weight onto left  
3&4      Step right back, lock left across right, step right back

## RIGHT, SIDE ROCK, CROSS-SIDE-BEHIND, SWEEP BEHIND-SIDE-CROSS, RIGHT, SIDE ROCK

1-2      Rock right to right side, recover weight onto left  
3&4      Cross step right over left, step left to left side, cross step right behind left  
5      Sweep left around into cross step left behind right,  
&6      Step right to right side, cross step left over right,  
7-8      Rock right to right side, recover weight onto left

## CROSS, UNWIND ½ TURN LEFT, ROCK STEP BACK, STEP-1/8 PADDLE TURN LEFT TWICE

1-2      Cross step right toe over left, unwind ½ turn left, weight ends on left (6:00)  
3-4      Rock right back, recover weight onto left  
5-6      Step right forward, make 1/8 turn left  
7-8      Step right forward, make 1/8 turn left (3:00)

## REPEAT

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