

No Troubles

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Levi J. Hubbard (USA)
音乐: Who Wouldn't Wanna Be Me - Keith Urban



This dance was in the 2004 Quebec Dance Championship.

SIDE ROCK-RECOVER, CROSS & CROSS (REPEAT)

- 1 Left - step (rock) to side, while slightly lifting right foot off floor
- 2 Right - lower foot back to floor (recover)
- 3 Left - turning diagonally right, cross step in front of right foot
- & Right - step to side
- 4 Left - cross step in front of right foot
- 5-8 Repeat above counts 1-4 starting with your right foot this time for counts 5-8

FULL TURN (LEFT), SIDE SHUFFLE BACK ROCK-RECOVER, KICK-BALL CHANGE (REPEAT)

- 9 Left - step slightly out to side & pivot ½ turn left on (ball of) foot, letting right foot land slightly out to side
- 10 Right - pivot another ½ turn left on (ball of) foot, letting left foot swing around for momentum
- 11 Left - step to side
- & Right - step together
- 12 Left - step to side
- 13 Right - cross step (rock) behind left foot, while slightly lifting left foot off floor
- 14 Left - lower foot back to floor (recover)
- 15 Right - kick forward
- & Right - land on (ball of) foot, while slightly lifting left foot off floor
- 16 Left - lower foot back to floor

- 17-24 Repeat above counts 9-16 starting with right foot this time for counts 17-24

¼ TURN (LEFT), STEP BACK, SHUFFLE BACKWARD, BACK-ROCK RECOVER, FULL TURN

- (Left) moving forward
- 25 Left - turning ¼ turn left, step backward
- 26 Right - step backward
- 17 Left - step backward
- & Right - step together
- 28 Left - step backward
- 29 Right - step (rock) backward, while slightly lifting left foot off floor (opening almost ½ turn right)
- 30 Left - lower foot back to floor (recover), (turning to face forward)
- 31 Right - step forward & pivot ½ turn left, stepping back on left foot
- 32 Left - pivot ½ turn left on (ball of) foot

SHUFFLE FORWARD, FORWARD ROCK-RECOVER, COASTER STEP, ½ PIVOT TURN (LEFT)

- 33 Right - step forward
- & Left - step forward
- 34 Right - step forward
- 35 Left - step (rock) forward, while slightly lifting right foot off floor
- 36 Right - lower foot back to floor (recover)
- 37 Left - step backward on (ball of) foot
- & Right - step together on (ball of) foot

- 38 Left - step forward
39 Right - step forward
40 On (balls of) both feet, pivot ½ turn left
41-48 Repeat above counts 33-40 (same feet) for counts 41-48

SYNCOPATED VINE (RIGHT), (RIGHT) BALL-CROSS, SIDE STEP, (RIGHT) SAILOR STEP

- 49 Right - step to side
50 Left - cross step behind right foot
& Right - step slightly backwards
51 Left - cross step in front of right foot
52 Right - step slightly to side
& Left - step slightly backward
53 Right - cross step in front of left foot
54 Left - step to side
55 Right - cross step behind left foot
& Left - step slightly out to side
56 Right - step slightly out to side

(LEFT) TURNING SAILOR STEP, ½ PIVOT TURN (LEFT), KICK-BALL CHANGE, ¼ TURN (LEFT) TOUCH TOGETHER

- 57 Left - turning ¼ turn left, cross step behind right foot
& Right - step slightly out to side
58 Left - step slightly out to side
59 Right - step forward
60 On (balls of) both feet, pivot ½ turn left
61 Right - kick forward
& Right - land on (ball of) foot while slightly lifting left foot off floor
62 Left - lower foot back to floor
63 Right - turning ¼ turn left, step to side
64 Left - slide together end in a touch

REPEAT
