

No Way!

拍数: 32 墙数: 2 级数: Beginner
编舞者: Hilda Bacon
音乐: No Way Out - Suzy Bogguss



STEP, SLIDE, STEP, TOUCH

- 1 Step forward to right angle on right
- 2 Slide left foot up to right
- 3 Step forward to right angle on right
- 4 Touch left foot next to right
- 5 Step forward to left angle on left
- 6 Slide right foot next to left
- 7 Step forward to left angle on left
- 8 Touch right foot next to left

HEEL TAP, HEEL HOOK

- 9 Step back on right
- 10 Tap left heel in front
- 11 Step back on left
- 12 Touch right heel in front
- 13 Lift right heel in front of left knee
- 14 Step forward on right
- 15 Pivot $\frac{1}{4}$ turn to left, shift weight onto left
- 16 Hold count

VINE, $\frac{1}{2}$ TURN, VINE

- 17 Step right on right foot
- 18 Cross left behind right
- 19 Step right on right
- 20 $\frac{1}{2}$ turn to right, hitch left knee
- 21 Step left on left foot
- 22 Cross right behind left
- 23 Step left on left foot
- 24 Touch right next to left

$\frac{1}{4}$ PADDLE TURNS

- 25 Step forward on right
- 26 $\frac{1}{4}$ turn to left, weight on left
- 27 Step forward on right
- 28 $\frac{1}{4}$ turn to left, weight on left
- 29 Step forward on right
- 30 $\frac{1}{4}$ turn to left, weight on left (facing opposite wall from start)
- 31 Stomp forward on right
- 32 Stomp forward on left

REPEAT