

# Say No More

拍数: 32      墙数: 2      级数: Improver  
编舞者: Anette C. Holtet (NOR)  
音乐: Say No More - Clay Walker



2nd place in Norwegian Country Western Dance Championship 2003

## JUMP SPREADING LEGS, JUMP TOGETHER, TOUCH, SWEEP WITH ½ TURN RIGHT, MAMBO

&1-2      Step right to right, step left to left, hold  
&3-4      Step right back to center, step left back to center, hold  
5-6      Touch right toe in front, turn and sweep ½ turn right (6:00)  
7&8      Step right to right, step back on left, touch right toe next to left

### Hand movements:

&1      Cross arms and put palm of your hands on your shoulders  
2      Hold  
&3      Put left arm around your waist and right around your back  
4      Hold

## MAMBO, ROCK STEP, SHUFFLE WITH LOCK, ROCK STEP

1&2      Step left to left, step back on right, step left next to right  
3-4      Rock back on right, recover on left  
5&6      Step forward on right, lock left behind right, step forward on right  
7-8      Rock forward on left, recover on right

## LEFT CHASSE, STEP ¼ TURN, STEP ¼ TURN, DIAGONAL STEP, SLIDE WITH FINGER SNAP

1&2      Step left to left, step right next to left, step left to left  
3-4      Step right forward, turn ¼ to left (3:00)  
5-6      Step right forward, turn ¼ to left (12:00)  
7-8      Step right diagonal to right, slide left next to right

### Hand movements:

7      Prepare finger snapping with crossing arms in front of body  
8      Raise arms in shoulder height and snap fingers

## DIAGONAL STEP, SLIDE WITH FINGER SNAP, TOUCH HIP BUMPS, TOUCH, HIP BUMPS, ½ TURNING SHUFFLE

1-2      Step left diagonal to left, slide right next to left  
3&4      Touch right toe forward and bump hip to right, left, right  
5&6      Touch left toe forward and bump hip to left, right, left (keeping weight on right foot)  
7&8      Step left with ¼ turn to left (9:00), step right together, step left with ¼ turn to left (6:00)

### Hand movements:

1      Prepare finger snapping with crossing arms in front of body  
2      Raise arms in shoulder height and snap fingers

**REPEAT**

---