

No Return

拍数: 48 墙数: 4 级数: Easy Intermediate
编舞者: Robbie McGowan Hickie (UK) - November 2007
音乐: When I Leave This House (feat. Billy Ray Cyrus) - Adam Gregory : (CD: Workin' On It)



Also:

"Doin' It Right" by Jason McCoy (152 bpm...Start on Vocals) CD..."Playin' For Keeps"

"One Dance With You" by Vince Gill (136 bpm...48 Count intro) CD..."High Lonesome Sound"

Intro: 32 Counts.

Back Rock. Right Kick-Ball-Step Forward. Heel Swivels. Back Rock.

- 1 – 2 Rock back on Right. Rock forward on Left.
- 3&4 Kick Right forward. Step ball of Right beside Left. Step forward on Left.
- 5 – 6 Swivel both heels Left. Swivel both heels back into centre. (Weight on Right)
- 7 – 8 Rock back on Left. Rock forward on Right.

Left Shuffle Forward. Step. Pivot 1/4 Turn Left. Cross. 2 x 1/4 Turns Right. Cross.

- 1&2 Left shuffle forward stepping Left. Right. Left.
- 3 – 4 Step forward on Right. Pivot 1/4 turn Left.
- 5 – 6 Cross step Right over Left. Turn 1/4 turn Right stepping back on Left.
- 7 – 8 Turn 1/4 turn Right stepping Right to Right side. Cross step Left over Right. (Facing 3 o'clock)

Dwight Swivels Right. Chasse 1/4 Turn Right. Forward Rock.

- 1 Swivel Left heel Right touching Right toe beside Left.
- 2 Swivel Left toe Right touching Right heel slightly forward into Right diagonal.
- 3 – 4 Repeat above Counts 1 – 2.
- 5&6 Step Right to Right side. Close Left beside Right. Turn 1/4 turn Right stepping forward on Right.
- 7 – 8 Rock forward on Left. Rock back on Right. (Facing 6 o'clock)

Left Shuffle 1/2 Turn Left. Full Turn Left. Right Jazz Box Cross.

- 1&2 Left shuffle back turning 1/2 turn Left stepping Left. Right. Left.
- 3 – 4 Turn 1/2 turn Left stepping back on Right. Turn 1/2 turn Left stepping forward on Left.
- 5 – 6 Cross step Right over Left. Step back on Left.
- 7 – 8 Step Right to Right side. Cross step Left over Right. (Facing 12 o'clock)

Easier Option: Counts 3 – 4 above ... Walk forward on Right. Walk forward on Left.

Monterey 1/2 Turn Right with Touch. Chasse Left. Back Rock.

- 1 – 2 Point Right toe out to Right side. Turn 1/2 turn Right stepping Right beside Left.
- 3 – 4 Point Left toe out to Left side. Touch Left toe beside Right.
- 5&6 Step Left to Left side. Close Right beside Left. Step Left to Left side.
- 7 – 8 Rock back on Right. Rock forward on Left. (Facing 6 o'clock)

Step Forward. Tap. Jump Back Out-Out. Hold and Clap. Cross. 1/4 Turn Left. Left Shuffle Back.

- 1 – 2 Step forward on Right. Tap Left toe behind Right heel.
- &3 Jump back Left out to Left side. Jump back Right out to Right side. (Feet Shoulder Width Apart)
- 4 Hold and Clap. (Weight on Right)
- 5 – 6 Cross step Left over Right. Turn 1/4 turn Left stepping back on Right.
- 7&8 Left shuffle back stepping Left. Right. Left. (Facing 3 o'clock)

Start Again
