

No Air

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Adrian Lefebour (AUS) - June 2008
音乐: No Air - Jordin Sparks & Chris Brown



Intro: 16 Count Intro

*1-8 Side, Full Turn L, Side, Replace, Together, Across, ¼ Turn, ¼ Turn, Side, Drag

1,2&3 Step R to R side, ¼ Turn L Step L fwd, ½ Turn L Step R back, ¼ Turn L Step L to L side (12.00)
4,5&6 Step R to R side, Replace weight on L, Step R next to L, Step L Across R
&7,8 ¼ Turn L Step R back, ¼ Turn L Step L to L side, Replace weight on R whilst dragging L next to R (6.00)

*9-17 Coaster Step, Hitch X2, Back, Together, ½ Pivot Turn, Drag, Back, Lock, Back, Sweep

1&2& Step L back, Step R next to L, Step L fwd, Hitch R knee
3&4& Step R back, Step L next to R, Step R fwd, Hitch L knee
5&6,7 Step L back, Step R next to L, Step L fwd, ½ Pivot Turn R, Drag L next to R (12.00)
8&1 Step L back, Step R over L, Step L back whilst sweeping R around

*18-24 Behind, Side, Across, Side, Behind, ¼ Turn, ½ Pivot Turn, Together, ¼ Pivot Turn

2&3 Step R behind L, Step L to L side, Step R Across L
&4& Step L to L side, Step R behind L, ¼ Turn L Step L fwd (9.00)
5,6& Step R fwd, ½ Pivot Turn L, Step R next to L
7,8 Step L fwd, ¼ Pivot Turn R (6.00)

*25-32 Across, Replace ¼ Turn Sweep, Step Back (Prep To Turn), Full Triple Turn Fwd, Step Back, Drag, Coaster Step, Together

1-3 Step L Across R, Replace weight on R whilst making a ¼ Turn L sweep R around, Step R back (Prep your body to turn fwd) (3.00)
4&5 Full triple turn fwd stepping R L R over R shoulder
6 Step L back whilst dragging R next to L
7&8& Step R back, Step L next to R, Step R fwd, Step L next to R (3.00) ###Restart

*33-40 ¼ Pivot Turn, Drag, (Step Fwd On 45, Drag X2), Shuffle Back On 45, (Step Back On 45, Drag X2) these are Skate steps

1,2 Step R fwd, ¼ Pivot Turn L whilst dragging R next to L (12.00)
3&4& Skate Step R fwd on 45, Drag L next to L, Skate Step L fwd on 45, Drag R next to L
5&6& Shuffle back R L R on 45, Drag L next to R
7&8& Skate Step L back on 45, Drag R next to L, Skate Step R back on 45, Drag L next to R

*41-48 Shuffle Fwd On 45, Behind, Touch Side & Click, Behind, ¼ Turn, Step Fwd, Replace, ½ Turn, Touch

1&2 Shuffle fwd L R L on 45
3,4 Step R behind L, Touch L toe to L side and click R hand at hip level (Straighten up) (12.00)
5&6 Step L behind R, ¼ Turn R Step R fwd, Step L fwd (3.00)
7&8 Replace weight on R, ½ Turn L Step L fwd, Touch R next to L (9.00)

End Of Sequence

Restart - Wall 5: Dance up to count 32 and then restart dance at 3.00 wall.

Finish dance on wall 7 on count 47 & 48 - Replace weight on R, ¼ Turn L Step L to L side, Touch R next to L (12.00)

