

Enough Is Enough

拍数: 64 墙数: 4 级数: Intermediate / Advanced
编舞者: Pat Stott (UK), Lizzie Stott (UK) & Jennie Stott (UK) - January 2009
音乐: No More Tears (Enough is Enough) - Amber & Zelma Davis



Commence after 32 counts (on the vocals) 15 seconds

Forward, Forward, Back, Back, Forward, Twist, Forward, Ronde Kick

- 1 Step forward on right pushing right arm forward with palm facing forward (as if you are saying "stop!")
- 2 Step forward on left pushing left arm forward with palm facing forward (as if you are saying "stop")
- 3 Step back on right bringing arm back with hand at shoulder level with palm still facing forward
- 4 Step back on left bringing arm back with hand at shoulder level with palm still facing forward
- 5 Touch right toe forward keeping weight mainly on left, again pushing right arm forward (as above)

(place palm of left hand on the front of the left hip bone)

- 6 Keeping right toe forward bring right arm back to shoulder level and twist body $\frac{1}{4}$ to right keeping knees flexed (turn head to right)
- 7 Turn body back to 12 O'clock (weight is still on left with right toe forward) and push right arm forward (as above) turn head to front
- 8 Relax arms and ronde right round to the right side with a kick

Sailor Step, Sailor Step, Step Forward, Bounce, Bounce, Kick

- 1&2 Right behind left, left to left, right in place
- 3&4 Left behind right, right to right, left in place
- 5-8 Right foot forward, raise and lower both heels twice (bounce, bounce) turning $\frac{1}{2}$ to left, kick left forward

Coaster Step, Walk, Walk, Side, Rock, Close, Side, Rock, Close

- 1&2 Step back on left, close right to left, step forward on left
- 3-4 Walk forward on right, walk forward on left
- 5-6& Rock right to right, recover on left, close right to left
- 7-8& Rock left to left, recover on right, close left to right

Side, Push, $\frac{1}{4}$ Turn, Slide And Hook, Shuffle Forward, Rock Forward, Recover

- 1-2 Rock right to right, push off right foot and take a step to left
- 3-4 Turning $\frac{1}{4}$ to right slide right towards left, hook right in front of left
- 5&6 Step forward on right, close left to right, step forward on right
- 7-8 Rock forward on left, recover onto right

Lock Step Back, Reverse $\frac{1}{2}$ Pivot, Stomp, Hold, Close, Step, Tap

- 1&2 Step back on left, cross right in front of left, step back on left
- 3-4 Touch right toe back, turn $\frac{1}{2}$ right transferring weight to right
- 5-6 Stomp left forward to left diagonal, hold
- &7,8 Close right to left, step forward to left diagonal, tap right next to left

Cross, Recover, Chasse To Right, Cross, Recover, Side, Slide

- 1-2 Cross right over left, recover on left
- 3&4 Step right to right, close left to right, step right to right (or rolling vine)
- 5-6 Cross left over right, recover on left
- 7-8 Large step to left, drag right to left (keeping weight on left)

Back, Touch, Hold, Back, Touch, Hold, Back, Touch, Back, Touch, Back, Touch, Kick

- &1-2 Step right diagonally back, touch left next to right, hold
- &3-4 Step left diagonally back, touch right next to left, hold
- &5 Step diagonally back on right, touch left next to right
- &6 Step diagonally back on left, touch right next to left
- &7,8 Step diagonally back on right, touch left next to right, kick left across right to right diagonal

Touch, Touch Behind, Slow 1/2 Turn, 1/2 Pivot, Walk, Walk (Or Full Turn)

- 1-2 Touch left toe to left, touch left toe behind right
- 3-4 Knees flexed slowly turn 1/2 to left straightening legs on beat 4 with weight on left
- 5-6 Step forward on right, 1/2 pivot left transferring weight to left
- 7-8 Walk forward on right, walk forward on left (or turn 1/2 left stepping back on right, turn 1/2 left stepping forward on left)

***1st TAG: END of wall 1 (facing 3 O'clock)**

Dance steps 1-4

***2nd TAG: END of wall 4 (facing 12 O'clock)**

- 1-2 Step right to side pushing right palm forward, hold
- 3 Bring right back to shoulder level and push left palm forward
- & Bring left back to shoulder level and push right palm forward
- 4& Bring right back to shoulder level and push left palm forward transferring weight to left, bring left arm back as you begin the dance again

Option to 2nd tag: just dance steps 1 – 4 as per the 1st tag at the end of wall 1

Ending to dance: The music will end after the last 2 walks forward facing 9 O'clock – just stomp right foot forward pushing Right palm forward and hold (and pose!)

Have fun!

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