

No Surrender

拍数: 64 墙数: 2 级数: Easy Intermediate
编舞者: Louise Elfvengren (NOR) - October 2009
音乐: No Surrender - Jill Johnson : (CD: Music Row II 2009)



Intro 48 counts

Section 1: BOX

1-4 Step right to right side, step left beside right, step right backwards, hold.
5-8 Step left to left side, step right beside left, step left forward, hold.

Section 2: ROCKSTEPS FW/BW WITH TOESTRUTS

1-4 Rock right forward, recover onto left, step right backwards on ball, step down on heel.
5-8 Rock left backwards, recover onto right, step left forward on ball, step down on heel.

Section 3: STEP TURN ½, STEP, FULL SHUFFLE TURN

1-4 Step forward on right, turn ½ left and step down on left, step forward on right, hold.
5-8 Turn right ½ stepping back on left, turn ½ right stepping forward on right, step forward on left, hold.

Section 4: SHUFFLE, ROCK AND TURN ¼ LEFT

1-4 Step forward right, step left beside right, step right forward, hold.
5-8 Rock forward on left, recover onto right, turn ¼ left stepping left to left side, hold.

Section 5: WALK BW WITH SWEEPS, COASTER STEP, STEP FW

1-4 Step right backwards, sweep left foot front to back, step down on left, sweep right front to back.
5-8 Step back on right, step back on left, step forward on right, step forward on left.

Section 6: SHUFFLE FW, ROCK AND TURN ¼ LEFT AND HITCH

1-4 Step forward on right, step left beside right, step forward on right, hold.
5-8 Rock forward on left, recover onto right, turn ¼ left stepping left to left side, lift up right foot.

Section 7: ½ SHUFFLE TURN RIGHT, SCUFF, LOCK STEPS FW, SCUFF

1-4 Turn ½ right stepping right-left-right, scuff left forward.
5-8 Step left forward, lock right behind left, step left forward, scuff right forward.

Section 8: ROCKS FORWARD, ROCKS BACKWARD

1-4 Rock forward on right, recover onto left, step back on right, hold.
5-8 Rock back on left, recover onto right, step forward on left, hold.

TAG 1: AFTER WALL 5 (the whole wall is instrumental) 2 counts extra.

TAG 2: AFTER WALL 6, 2 counts extra

TAG: 1-2 Step down on right, step down on left