

No Option

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Terry Cullingham (UK) - November 2010
音乐: Leaving's Not an Option - Chris Cummings : (Album "Give Me Tonight")



32 count intro.

Section 1: Side, Together, Back, Hold, Back Mambo Step With ½ Turn Right, Hold.

1 – 2 Step R to R side. Step L beside R.
3 – 4 Step R back. Hold.
5 – 6 Rock back on L. Recover on R.
7 – 8 ½ turn R stepping L back. Hold. (6 o'clock)

Section 2: Sailor ½ Turn Right, Hold, Side Rock & Cross, Hold.

1 – 2 Cross R behind L. ¼ turn R stepping L in place.
3 – 4 ¼ turn R stepping slightly forward on R. Hold.
5 – 6 Rock L to L side. Recover on R.
7 – 8 Cross L over R. Hold. (12 o'clock)

Section 3: Side, Together, ¼ Turn, Step, Hold, ¼ Turn, Side Rock & Cross, Hold.

1 – 2 Step R to R side. Step L beside R.
3 – 4 ¼ turn R stepping R forward. Hold.
5 – 6 ¼ turn R rocking L to L side. Recover on R.
7 – 8 Cross L over R. Hold. (6 o'clock)

Section 4: ¼ Turn Left x 2, Step, Hold, Forward Mambo Step With ½ Turn Left, Hold.

1 – 2 ¼ turn L stepping R back. ¼ turn L stepping L to L side.
3 – 4 Step R forward. Hold.
5 – 6 Rock forward on L. Recover on R.
7 – 8 ½ turn L stepping L forward. (6 o'clock)

Section 5: Cross, Back, Side, Cross, Back, Side, Back Rock.

1 – 2 Cross R over L. Step L slightly back.
3 – 4 Step R to R side. Cross L over R.
5 – 6 Step R slightly back. Step L to L side.
7 – 8 Cross rock R behind L. Recover on L angled towards the R diagonal. (8 o'clock)

Section 6: Diagonal Lock Step Forward, Scuff, Forward Mambo Step With ½ Turn Left, Hold.

1 – 2 Facing the R diagonal step R forward. Lock L behind R.
3 – 4 Step R forward. Scuff L forward.
5 – 6 Rock forward on L. Recover on R.
7 – 8 ½ turn L stepping L forward. Hold. (2 o'clock)

Section 7: Diagonal Lock Step Forward, Scuff, Forward Mambo Step With ¼ Turn Left, Hold.

1 – 2 Facing the right diagonal step R forward. Lock L behind R.
3 – 4 Step R forward. Scuff L forward.
5 – 6 Rock forward on L. Recover on R.
7 – 8 ¼ turn L stepping L to L side to face 12 o'clock. Hold.

Section 8: Behind, ¼ Turn, Step, Step, Hold, Forward Mambo Step With ¼ Turn Left, Hold.

1 – 2 Cross R behind L. ¼ turn L stepping L forward.
3 – 4 Step R forward. Hold.

- 5 – 6 Rock forward on L. Recover on R.
7 – 8 ¼ turn L stepping L to L side. Hold. (6 o'clock)

Start Again

Tag 1: 16 count tag danced at the end of wall two.

Section 1: Back Rock, Side, Hold, Back Rock, Side, Hold.

- 1 – 2 Cross rock R behind L. Recover on L.
3 – 4 Step R to R side. Hold.
5 – 6 Cross rock L behind R. Recover on R.
7 – 8 Step L to L side. Hold.

Section 2: Behind, Side, Cross, Hold, Side Rock & Cross, Hold.

- 1 – 2 Cross R behind L. Step L to L side.
3 – 4 Cross R over L. Hold.
5 – 6 Rock L to L side. Recover on R.
7 – 8 Cross L over R. Hold.

Tag 2: 32 count tag danced at the end of wall three.

Section 1: Back Rock, Side, Hold, Back Rock, Side, Hold.

- 1 – 2 Cross rock R behind L. Recover on L.
3 – 4 Step R to R side. Hold.
5 – 6 Cross rock L behind R. Recover on R.
7 – 8 Step L to L side. Hold.

Section 2: Behind, Side, Cross, Hold, Side Rock & Cross, Hold.

- 1 – 2 Cross R behind L. Step L to L side.
3 – 4 Cross R over L. Hold.
5 – 6 Rock L to L side. Recover on R.
7 – 8 Cross L over R. Hold.

Section 3: Monterey ½ Turn x 2.

- 1 – 2 Point R to R side. ½ turn R stepping R beside L.
3 – 4 Point L to L side. Step L beside R.
5 – 6 Point R to R side. ½ turn R stepping R beside L.
7 – 8 Point L to L side. Step L beside R.

Section 4: Back Rock, Side, Hold, Back Rock, Side, Hold.

- 1 – 2 Cross rock R behind L. Recover on L.
3 – 4 Step R to R side. Hold.
5 – 6 Cross rock L behind R. Recover on R.
7 – 8 Step L to L side. Hold.

Ending. There is a 5 count ending at the end of wall six (facing 12 o'clock). Cross R over L. Step L to L side. Cross R behind L. Step L to L side. Step R forward.
