

No Gravity

拍数: 32 墙数: 4 级数: Improver
编舞者: Dee Musk (UK) - January 2011
音乐: No Gravity - Shontelle : (Album : No Gravity - 3:34)



32 count intro from the heavy beat. Approx 15 seconds.

SIDE TOUCH, KICK BALL CROSS, SIDE ROCK, BEHIND SIDE CROSS.

1,2 Step L to L side, touch R beside L.
3&4 Kick R to R diagonal, step R to R side, cross step L over R.
5,6 Rock R to R side, recover weight to L.
7&8 Cross step R behind L, step L to L side, cross step R over L. (12 o'clock).

POINT CROSS, ¼ TURN L SIDE, CROSS ROCK, SIDE SHUFFLE.

1,2 Point L to L side, cross step L over R.
3,4 Making a ¼ turn L step back on R, step L to L side.
5,6 Cross rock R over L, recover weight to L.
7&8 Step R to R side, step L beside R, step R to R side. (9 o'clock).

CROSS ROCK, SHUFFLE ¼ TURN L, FORWARD ROCK, COASTER CROSS.

1,2 Cross rock L over R, recover weight to R.
3&4 Step L to L side, step R beside L, make a ¼ turn L stepping forward on L.
5,6 Rock forward on R, recover weight to L.
7&8 Step back on R, step L beside R, cross step R over L. (6 o'clock).

• Restart from here during wall 10, begin again facing 9 o'clock wall.

ROCK ¼ TURN R, SHUFFLE ½ TURN R, BACK ROCK, SHUFFLE FORWARD.

1,2 Rock L to L side, recover weight to R making a ¼ turn R.
3&4 Shuffling ½ turn R stepping, L, R, L. (now facing 3 o'clock).
5,6 Rock back on R, recover weight to L.
7&8 Step forward on R, step L beside R, step forward on R. (3 o'clock).

• Restart during wall 10, dance up to and including count 24 then begin again facing 9 o'clock wall.

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