No Smoke

拍数: 64 **墙数:** 4 **级数:** Beginner

编舞者: Sue Hutchison (UK) - January 2012

音乐: No Smoke - Michelle Lawson

Intro – 32 counts from heavy beat (23 secs)

Section 1: R & L DIAGONAL STEP TOGETHER STEP TOUCH

1 – 4 facing R diagonal step fwd R, close L beside R, step fwd R, tch L beside R

5 – 8 facing L diagonal step fwd L, close R beside L, step fwd L, tch R beside L

Section 2: BACKWARDS SWEEPS X 3, BACK ROCK RECOVER

1 – 4 sweep R leg out , step R behind L, sweep L leg out, step L behind R

5 - 8 sweep R leg out, step R behind L, rock back onto L, recover weight fwd onto R

Section 3: L & R DIAGONAL STEP TOGETHER STEP TOUCH X2

1 – 4 facing L diagonal step fwd L, close R beside L, step fwd L, tch R beside L

5 – 8 facing R diagonal step fwd R, close L beside R, step fwd R, tch L beside R

Section 4: BACKWARDS SWEEPS X 3, BACK ROCK RECOVER

1 – 4 sweep L leg out, step L behind R, sweep R leg out, step R behind L

5 – 8 sweep L leg out, step L behind R, rock back onto R, recover weight fwd onto L

Section 5: TOE STRUT JAZZ BOX ¼ TURN R

1 - 4 cross R toe over L, bring R heel down, making ¼ turn R step L toe back, bring L toe down

5 - 8 step R toe to R side, bring R heel down, step L toe in place, bring L heel down

Section 6: SIDE TOUCHES X 2, HIP BUMPS X 4

1 - 4 step R to R side, tch L beside R, step L to L side, tch R beside L

5 - 8 bump hips R, L, R, L

Section 7: TOE STRUT JAZZ BOX ¼ TURN R

1 - 8 repeat section 5 as above

Section 8: SIDE TOE POINTS, MONTEREY ¼ R

1 - 4 tch R toe to R side, step R in place, tch L toe to L side, step L in place

5 - 6 tch R toe to R side, swivelling on L foot make ¼ turn R & step R in place

7 - 8 tch L toe to L side, step L in place