

No Pleasin' - You!

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Annemaree Sleeth (AUS) - November 2014
音樂: No Pleasin' - Boom! Bap! Pow! : (Single - iTunes)



Note to instructors. You will hear what seems like another Tag on wall 6 facing 9.00.
I have chosen to ignore it, and the dance finishes now finishes at front

For Intro Have fun with steps prissys forward and back
#32 beats .(CW) Ideas Prissys forward and back make a pose on the chika bit

SECTION 1: R SHUFFLE, BACK, RECOVER, SIDE DIAGONAL TOUCHES

1 & 2 Flick R foot Step R side, step L beside R, step R side - Right Shuffle,
3 - 4 R Step back L, recover R,
5 - 6 Step L side dip down as step L side , touch on diag R (snap fingers) angle body on touches
7 - 8 Step on R side bending knees touch L diag L

Option : Angle arms across body on side diag touches) as in video

SECTION 2: SHUFFLE BACK RECOVER SIDE TOUCHES ACROSS

1 & 2 Step left side, step R together, step L side - Left Shuffle,
7 - 8 R Step back R, recover L,
7 - 8 Step R side bending knees and dipping down , touch L to L diag
7 - 8 Step L side bending knees and dipping down, touch R diag or forward

SECTION 3: PRISSYS, ROCKING CHAIR

1 - 2 Cross R forward, cross L forward (twisting feet as you move and arms moving out to the sides)
3 - 4 Cross R forward cross L forward
5 - 6 Step R forward, recover L,
7 - 8 Rock R back, recover L

SECTION 4: JAZZ BOX CROSS ¼ R , DOUBLE HIPS

1 - 2 Cross R over L, Turn ¼ R Step L back
3 - 4 Step R side, cross L over R
5 & 6 Step R side bumping hips twice -double hips
7 & 8 Step L side bumping hips twice -double hips (hip roll)

TAG: 24 Counts: 8 counts Part 1 - 16 counts Part 2

End of Wall 2 Facing 6.00 & End Of Wall 4 facing 12.00

PART 1: GO GO ARMS 8 counts

1 - 8 Stand With Both feet apart bending bending knees for 8 counts and add these arms movements

Arm Movements

1 - 2 Right arm up , with left arm down,(2) left arm up, right arm down leaning forward
3 - 4 Right arm up , with left arm down,(4) left arm up, right arm down leaning forward
5 - 6 Right arm up , with left arm down,(6) left arm up, right arm down leaning forward
7 - 8 Right arm up , with left arm down, (8)left arm up, right arm down leaning forward

PART 2: HINGE SIDE TOGETHER ½ TURNS (or HIP BUMPS) 16 counts Only Danced On Side Walls

1 - 4 [9.00] Turn ¼ L step R side together, step R side ½ turn R hitch L foot facing 3.00
5 - 8 [3.00] step L side, step L together, step left side, ½ turn L hitch R foot facing 9.00

1 - 4 [9.00] Turn ¼ L step R side together, step R side ½ turn R hitch L foot facing 3.00

5 – 8 [3.00] step L side, step L together ,9.00 change these 2 steps 1/4 L step left forward, flick R
12.00

Option on Part 2 Hip Bumps ½ Hinge Bump, R, L, R ½, Bump L,R, L ½ change last counts as above to end
Thankyou goes to Jenny McCoy in Perth for Suggesting the music

Contact: Email: inlinedancing@gmail.com - Website www.inlinedancing.webs.com
