

No Words!

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Ann-Kristin Sandberg (NOR) & Suzi Beau (ENG) - June 2015
音樂: No Words - Erik Hassle : (iTunes)



INTRO: 32 counts

S1: WALK x2-ROCK RECOVER-BACK-SHUFFLE BACK-ROCK RECOVER

1-2 Step Right forw, Step Left forw
3&4 Step Right forw, Recover onto Left, Step Right back
5&6 Step Left back, Step Right next to Left, Step Left back
7-8 Step Right back, Recover onto Left

S2: SIDE ROCK RECOVER, BEHIND SIDE CROSS, SIDE TWIST, HITCH BACK

1-2 Rock Right out to Right side, Recover onto Left
3&4 Step Right behind Left, Step Left to Left side, Cross Right over Left
5-6 Step Left to Left side, Twist heels to Left
7-8 Hitch Right, Step Right back

S3: SIDE ROCK, BEHIND POINT, ½ MODIFIED MONTEREY TURN SIDE, BOUNCE HEELS x2

1-2 Rock Left to Left side, Recover onto Right
3-4 Step Left behind Right, Point Right to Right side
5-6 Turn ½ Right stepping weight on Right, Step Left to Left side (06)
7-8 Bounce heels twice to face with knees slightly bent

S4: CROSS-POINT-SAILOR STEP x2 PIVOT ½ TURN L

1-2 Cross Left over Right, Point Right to Right side (06)
3&4 Cross Right behind Left, Step Left to Left side, Step Right to Right side
5&6 Cross Left behind Right, Step Right to Right side, Step Left to Left side
7-8 Step Right forw, Pivot ½ turn Left (12)

RESTART on wall 5

S5: SIDE-TOGETHER-SIDE-POINT-OUT-POINT-1/4 TURN SHUFFLE

1-2 Step Right to Right side, Step Left next to Right
3-4 Step Right to Right side, Point Left behind Right
5-6 Point Left to Left side, Point Left behind Right
7&8 ¼ turn Left stepping Left forw, Step Right next to Left, Step Left forw (09)

S6: FULL TURN , SHUFFLE, ROCK RECOVER BACK POINT

1-2 Turn ½ Left Stepping back Right, Turn ½ Left Stepping Left Forw
3&4 Step Right Forw, Step Left next to Right, Step Right Forw
5-6 Step Left Forw. Recover on to Right
7-8 Step back Left, Point Right out to Right Side

S7: WALK BACK x3 TWIST HEELS OUT IN, WALK BACK x3 TWIST HEELS OUT IN

1-2 Walk back Right, Walk back Left
3&4 Walk back Right, Twist Both Heels Out, In
5-6 Walk back Left, Walk back Right
7&8 Walk back Left, Twist Both Heels Out, In

S8: BACK RECOVER, STEP, PIVOT ½ TURN L, OUT OUT, BACK, TOGETHER

1-2 Step Right back, Recover onto Left
3-4 Step Right Forw, Pivot ½ turn Left (03)

5-6 Step Right out to Right side, Step Left out to Left side
7-8 Step Right back, Step Left next to Right

RESTART : Wall 5 (facing 12) Dance first 32 counts & start again facing 12

ENJOY!

Mail: anne88@online.no - suzibeu@mail.com
