

# 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](mailto:anne88@online.no) - [suzibeu@mail.com](mailto:suzibeu@mail.com)**

---