

No One!

拍數: 32 牆數: 4 級數: Improver
編舞者: Peirina Svensson (SWE) & Emma Johansson (SWE) - January 2016
音樂: Like No One's Watching - Molly Sandén



Intro: Start on vocals - NO TAGS NO RESTARTS

Sec 1. Rock right recover. Rock left recover. Shuffle back. Toe ½ turn right

1 2 Rock forward on right recover into left
&3 4 Shift into right foot rock forward on left foot recover on left foot
5&6 Step back on left foot, step-close R to L, step back on left foot
7 -8 Right toe point back turn ½ right put weight onto right foot

Sec 2. Left heel grind. Sailor step. Step turn. Cross shuffle

1-2 Dig left heel in floor turn ¼ turn left weight on right foot
3&4 Cross left foot behind right turn ¼ left, step right to right side, step left to left side
5-6 Step turn ¼ turn left
7&8 Cross shuffle with right foot

Sec 3. Press left. Full turn left. Rock right. Coaster step.

1-2 Press out left foot recover into right foot
3&4 Full turn left on place with weight on right foot finish with weight on left foot
5-6 Rock forward on right foot recover on left
7&8 Step back on right, step left beside right, step forward on right

Sec 4. □Modified lockstep forward. Right Mambo forward. Coaster step.

1&2 Step forward on left, lock step right behind left, step forward on left
&3& Step forward on right, lockstep left behind right, step forward on right
4 Step forward on left
5&6 Rock forward on right, recover onto left. Step right beside left
7&8 Step back on left. Step right beside left. Step Forward on left.

Repeat and have fun =>

Contact: ina_bohlin@hotmail.com