

My Name Is NO

COPPERKNOB
STEPSHEETS

拍數: 80
編舞者: Brandi Gross (USA) - March 2016
音樂: NO - Meghan Trainor

牆數: 2

級數: Phrased Intermediate



Sequence: A-B-C-A-B-C-A-A-C-Tag-A-A
Intro – 28 counts

Section A: 32 Counts

A[1-8] CROSS, SIDE, HAND, STEP, STEP, HITCH, ROCK, RECOVER, SWEEP, BEHIND, SIDE, CROSS

- 1 & 2 Cross R over L (1), Step L out to L (&), Wave L pointer finger from R to L and lift R toes (2)
3 & 4 Step onto R (3), Step fwd on L (&), Hitch R knee & pop body for styling (as if punched in the stomach) (4)
5 & 6 Rock fwd on R (5), Recover onto L (&), Step back on R sweeping L to back (6)
7 & 8 Cross L behind R (7), Step R to R (&), Cross L over R angling upper body L (8)

A[9-16] ¼ R, MAMBO X2, HITCH W/ ARMS X2, SIDE, BEHIND, ¼ R

- 1 & 2 Turn ¼ R rocking fwd on R (1), Recover onto L (&), Step back on R (2) (3:00)
3 & 4 Rock back on L (3), Recover onto R (&), Step fwd on L (4)
5 & Hitch R knee pushing arms fwd (5), Lower knee and pull arms in (&)
6 & Hitch R knee pushing arms out to sides (6), Lower knee and pull arms in (&)
7 & 8 Step R to R (7), Cross L behind R (&), Turn ¼ R stepping fwd on R (8) (6:00)

A[17-24] ½ PIVOT, ½ SWEEP, BEHIND, SIDE, CROSS, ROCK, RECOVER, CROSS, ¼ L, ¼ L, CROSS

- 1 & 2 Step fwd on L (1) Pivot ½ R (&), Turn ½ R stepping back on L sweeping R to back (2) (6:00)
3 & 4 Cross R behind L (3), Step L to L (&), Cross R over L (4)
5 & 6 Rock L out to L (5), Recover onto R (&), Cross L over R prepping for turn (6)
7 & 8 Turn ¼ L stepping back on R (7), Turn ¼ L stepping L to L (&), Cross R over L (8) (12:00)

A[25-32] ROCK, RECOVER, CROSS, POINT, TOUCH, STEP, ¼ R, HITCH W/ ARMS X2, SIDE, BEHIND, ¼ L

- 1 & 2 Rock L out to L (1), Recover onto R (&), Cross L over R (2)
3 & 4 Point R to R (3), Touch R next to L (&), Step R to R prepping foot out (4)
5 & Turn ¼ R hitching L knee and pushing arms fwd (5), Lower knee and pull arms in (&) (3:00)
6 & Hitch L knee pushing arms out to sides (6), Lower knee and pull arms in (&)
7 & 8 Step L to L (7), Cross R behind L (&), Turn ¼ L stepping fwd on L (8) (12:00)

Section B: 32 Counts (Always on 12:00 wall)

B[1-8] FWD TRAVELING VINE X2, KNEE FANS X2, ROCK, RECOVER, STEP BACK X2

- 1 2 & Step R fwd to R diagonal (1), Cross L behind R (2), Step R fwd (&)
3 4 & Step L fwd to L diagonal (3), Cross R behind L (4), Step L fwd (&)
5 & Step R fwd fanning knees out angling body to L (5), Bring knees together (&)
6 & Step L fwd fanning knees out angling body to R (6), Bring knees together (&)
7 & 8 & Rock fwd on R (7), Recover onto L (&), Step back on R (8), Step back on L (&)

B[9-16] ¼ R STEP DRAG, ROCK, RECOVER, STEP, BEHIND, SIDE, ROCK, RECOVER, KICK, STEP, HEEL SWIVEL X2

- 1 2 & Turn ¼ R taking a big step R dragging L heel (1), Rock L behind R (2), Recover onto R (&) (3:00)
3 4 & Step L to L (3), Cross R behind L (4), Step L to L (&)
5 6 & Cross rock R over L slightly lifting L (5), Recover onto L (6), Kick R to L diagonal (&)
7 & 8 & Step R out to R (7) Lift L heel and swivel inward (&), Return heel (8), Lift R heel and swivel inward (&)

B[17-24] ¼ L SWEEP, BACK, TOGETHER, PRESS-RECOVER-BALL (X2), TOE, TOGETHER, TOE, TOGETHER

- 1 2 & Turn ¼ L stepping R heel down and sweeping L to back (1), Step L back (2), Step R next to L (&) (12:00)
- 3 4 & Press L fwd (3), Recover onto R (4), Step ball of L next to R (&)
- 5 6 & Press R fwd (5), Recover onto L (6), Step R next to L (&)
- 7 & 8 & Touch L toe fwd (7), Step L next to R (&), Touch R toe fwd (8), Step R next to L (&)

B[25-32] STEP, BOUNCE ½ R W/ HAND, HEEL, COASTER W/ KICK, CROSS, ROCK X2, STEP, HITCH

- 1 2 & 3 Step fwd on L (1), Turn ½ R bouncing 3X and raise L hand next to face opening and closing hand 3X (as if □□making a “talking” motion), on last bounce lift R toes (2&3) (6:00)
- 4 & 5 & Step R back (4), Step L next to R (&), Kick R fwd (5), Cross R over L (&)
- 6 & Rock L back to L diagonal (6), Recover onto R (&)
- 7 & 8 Rock fwd on L (7), Recover onto R (&), Step back on L hitching R knee (8)

Section C: 16 Counts (oriented from 12:00 wall)

C[1-8] SWEEP, CROSS, POINT, R KNEE ROLL IN-OUT, SWEEP, BEHIND, SIDE, CROSS SHUFFLE

- 1 2 & Step fwd on R sweeping L to front (1), Cross L over R (2), Touch R out to R (&)
- 3 & 4 Keeping R toe on ground roll R knee in toward left (3), roll R knee out toward R (&), Step R heel down (4)
- 5 6 & Step back on L sweeping R to back (5), Cross R behind L (6), Step L to L (&)
- 7 & 8 Cross R over L (7), Step L to L (&), Cross R over L (8)

C[9-16] STEP, SWAY W/ HAND, HIP ROLL, KICK, POINT BACK, ½ L UPPER BODY DIP

- 1 Step L out to L beginning to sway hips L and w/ palm down drag L pointer finger across lips (1)
- 2 Poke L hip out and flick L hand out to L keeping palm down turning head to follow your hand (2)
- 3 4 Roll hips CCW in semicircle to R changing weight to R (3 4)
- 5 & 6 Kick L fwd (5), Bend L knee under body (&), Point L back (6)
- 7 8 Slowly turn ½ L dipping upper body down then up leading w/ L shoulder ending w/ weight on L (7 8) (6:00)

TAG: Hold 2 counts

ENJOY!!

Please do not alter this step sheet in any way.

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