

No Mercy

拍數: 32 牆數: 4 級數: Improver
編舞者: Roy Verdonk (NL) & Darren Bailey (UK) - July 2016
音樂: No Mercy - Racoon



Intro : 16 Counts

Out/Out, Heel Tap, Kick Ball Cross R, Hip Roll, Behind, 1/4 L, Step Forward L, Step Forward R

&1-2 Rf step out right (&), Lf step out left, Rf tap heel on floor
3&4 Rf kick to right diagonal, Rf step together (&), Lf cross in front of Rf
5-6 Rf step side right and start hip roll clockwise, recover onto Lf finishing hip roll
7&8 Rf cross behind Lf, make 1 / 4 turn left stepping Lf forward (&), Rf step forward (9.00)

Slow Skate L On Left Diagonal, 1/4 Turn R, Shuffle Forward R On Right Diagonal Cross, Hold, Side Rock R, Recover L, Cross

1-2 Lf start slow skate to left diagonal, Lf finish slow skate to left diagonal
& make 1 / 4 turn right (12.00)
3&4 Rf step forward to right diagonal, Lf step together (&), Rf step forward to right diagonal
5-6 Lf cross in front of Rf, hold
7&8 Rf rock step right , recover onto Lf (&), Rf cross in front of Lf

Side L, Hold, Ball/Shuffle L , Cross Rock R, Recover L, Shuffle With 1/4 Turn R

1-2 Lf step left, hold
&3&4 Rf step next to Lf (&), Lf step left , Rf step together (&), Lf step left
5-6 Rf cross rock in front of Lf, recover onto Lf
7&8 Rf step right, Lf step together (&), make 1 / 4 turn right stepping Rf forward (3.00)

Step L Forward, 1/2 Turn R, Step R Forward, Shuffle Forward L, Rocking Chair

1-2 Lf step forward, make 1 / 2 turn right stepping Rf forward (9.00)
3&4 Lf step forward, Rf step together (&), Lf step forward
5-6 Rf rock forward, recover onto Lf
7-8 Rf rock back, recover onto Lf

Submitted by: Lieke de Leeuw-Nobelen - leeuw.nobelen@gmail.com