

# No Turning Back

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Trine Haukø Lund (NOR) - November 2017  
音樂: You're the One - Jody Direen



#16 count intro - Sequence of dance: 64-TAG-32-TAG/RESTART48-TAG/RESTART-64-24-40-60

## Section 1: Shuffle R, rock step, shuffle L, rock step

1&2      Step RF to R, step LF next to RF, step RF to R  
3-4      Rock LF behind RF, recover on RF  
5&6      Step LF to L, step RF next to LF, step LF to L  
7-8      Rock RF behind LF, recover on LF

## Section 2: Heel, toe, hitch R-L

1-4      Twist heels to R, twist toes to R, twist heels to R, hitch LK  
5-8      Twist heels to L, twist toes to L, twist heels to L, hitch RK

## Section 3: Step, touch with clap X 4

1-2      Step RF diagonal forward R, touch LT next to RF, clap  
3-4      Step LF diagonal backwards L, touch RT next to LF, clap  
5-6      Step RF diagonal backwards R, touch LT next to RF, clap  
7-8      Step LF diagonal forward L, touch RT next to LF, clap

Restart here in wall 5

## Section 4: Toe, heel, forw R-L, 1/4 turn L, cross shuffle

1-4      Walk R forward on toe, heel, walk L forward on toe, heel  
5-6      Step RF forward, turn 1/4 L(9:00), weight on LF  
7&8      Cross RF over LF, step LF to L, cross RF over LF

Tag /Restart here in wall 2

## Section 5: Shuffle L, 1/4 turn L, shuffle R, 1/4 turn R, shuffle L, 1/4 turn L, shuffle R

1&2      Step LF to L, step RF next to LF, step LF to L  
3&4      Turn 1/4 R(12:00), step RF to R, step LF next to RF, step RF to R  
5&6      Turn 1/4 R(3:00), step LF to L, step RF next to LF, step LF to L  
7&8      Turn 1/4 R(6:00), step RF to R, step LF next to RF, step RF to R

Restart after 7&hold here in wall 6

## Section 6: Kick L-R, slide, touch, kick R-L, slide, touch

1&2&      Kick LF forward, step LF next to RF, kick RF forward, step RF next to LF  
3-4      Slide forward on LF, touch RT next to LF  
5&6&      Kick RF forward, step RF next to LF, kick LF forward, step LF next to RF  
7-8      Slide forward on RF, touch LT next to RF

Tag/restart here in wall 3

## Section 7: Step 1/2 turn R, shuffle, step 1/2 turn L, shuffle

1-2      Step LF forward, turn 1/2 R(12:00), weight on RF  
3&4      Step LF forward, step RF next to LF, step LF forward  
5-6      Step RF forward, turn 1/2 L(6:00), weight on LF  
7&8      Step RF forward, step LF next to RF, step RF forward

## Section 8: Touch L-R, 1/4 turn R, touch L-R, rocking chair

1&2&      Touch LT to L, step LF next to RF, touch RT to R, step RF next to LF  
3&4      Turn 1/4 R(9:00), touch LT to L, step LF next to RF, touch RF to R

5-8 Rock RF forward, recover on LF, rock RF backwards, recover on LF  
Tag after wall 1

Tag/Restart:

Tag 1 after wall 1 facing 9

Tag 2/Restart in wall 2 after 32 counts facing 6

Tag 2/Restart in wall 3 after 48 counts facing 12

Restart in wall 5 after 24 counts facing 9

Restart in wall 6 after 40 counts facing 3

NOTE: The restart in wall 6 appears after the last shuffle in section 5. Replace the last shuffle in section 5 with: Step RF to R, step LF next to RF, then start the dance from the beginning.

Tag 1: after wall 1 facing 9

Jazz box

1-4 Cross RF in front of LF, step LF backwards, step RF to R, step LF forward

Tag 2: in wall 2 after 32 counts facing 6, and in wall 3 after 48 counts facing 12

Rock, recover, cross, hold

1-4 Rock LF to L, recover on RF, cross LF over RF, hold

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