

No Apology

拍數: 48 牆數: 4 級數: High Intermediate
編舞者: Maggie Gallagher (UK) - January 2018
音樂: This Is Me - Keala Settle : (Album: The Greatest Showman - Amazon)



Intro: 16 counts

S1: SIDE, 1/8 COASTER, CROSS SIDE BACK, BACK SIDE FORWARD, WALK

1 Long step to left side dragging right to meet left
2&3 1/8 right stepping back on right, Step left next to right, Step forward on right [1:30]
4&5 Cross left over right, 1/8 left stepping right to right side, 1/8 left stepping back on left [10:30]
6&7 Step back on right, 1/4 left stepping left to left side, 1/8 left stepping forward on right [6:00]
8 Walk forward on left

S2: 1/2 PIVOT, WALK, TRIPLE FULL TURN & PRESS, RECOVER & BACK

1-2 1/2 pivot right, Walk forward on left [12:00]
3&4 1/2 left stepping back on right, 1/2 left stepping forward on left, Step forward on right
&5-6 Step left next to right, Press forward on right, Recover on left
&7 Step right next to left, Step back on left

S3: 1/2 SHUFFLE, 3/4 SWEEP, BEHIND SIDE CROSS, SIDE, BACK ROCK SIDE, BACK ROCK

8&1 1/2 right stepping forward on right, Step left next to right, Step forward on right [6:00]
2 3/4 right stepping back on left ronde sweeping right from front to back [3:00]
3&4 Cross right behind left, Step left to left side, Cross right over left
5-6& Step left to left side, Cross rock right behind left, Recover on left
7-8& Step right to right side, Cross rock left behind right, Recover on right

***Restart Wall 3 * - *Tag & Restart Wall 7**

S4: 1/4 WALK, RUN RUN, 1/4 WALK, 1/4 SWEEP, CROSS, BACK SIDE CROSS, POINT

1-2& 1/4 left walking forward on left, 1/8 left running forward on right, 1/8 left running forward on left [9:00]
3-4 1/4 left walking forward on right, 1/4 left stepping forward on left ronde sweeping right from back to front [3:00]
5-6& Cross right over left, Step back on left, Step right to right side
7-8 Cross left over right, Point right to right side

S5: TOUCH & HEEL & CROSS & HEEL & CROSS, SIDE TOUCH SIDE TOUCH SIDE

1&2& Touch right next to left, Step back slightly on right, Tap left heel to left diagonal, Step left in place
3&4& Cross right over left, Step back slightly on left, Tap right heel to right diagonal, Step right in place
5-6& Cross left over right, Step right to right side, Touch left next to right
7&8 Step left to left side, Touch right next to left, Step right to right side

S6: 1/4 COASTER, STEP, 1/2 PIVOT, 1/4 SIDE ROCK & SWAY, SWAY

1&2 1/4 left stepping back on left, Step right next to left, Step forward on left [12:00]
3-4 Step forward on right, 1/2 pivot left [6:00]
5-6& 1/4 left rocking right to right side, Recover on left, Step right next to left [3:00]
7-8 Sway left, Sway right

TAG: At the end of Wall 1 facing [3:00]

1-2 Sway left, Sway right
3-4 Sway left, Sway right

***RESTART: After 24 counts (end of S3) on Wall 3 facing [9:00]**

****TAG & RESTART: On Wall 7 after 24 counts (end of S3) facing [9:00]**

1-2 Sway left, Sway right

Then Restart the dance facing [9:00]

www.facebook.com/MaggieGChoreographer or www.maggiieg.co.uk
