

No Peace

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Anna Oldberg (SWE) - January 2018
音樂: No Peace - Sam Smith and YEBBA



Sequence: 32, 32, 32, 16, 32, 32, 32, 16, 32, 32, 16+1*
Intro: 8 counts from first beat

S1) 1-8& Lunge, 1 ¼ turn, Back, ½, Sweep, Jazz box ¼, Cross, Side rock

- 1, 2&3 Lunge Rf to right side (1), recover on Lf turning ¼ left (2), ½ turn left stepping Rf back (&), ½ turn left stepping Lf forward while hitching right leg (soft hitch) (3) --- 9:00
- 4&5,6&7 Step Rf back (4), ½ turn left stepping forward on Lf (&) (hold this step, do not hurry into the sweep), sweep Rf forward (5), Cross Rf over Lf (6), Step Lf slightly back (&), ¼ turn right stepping Rf to right side (7) --- 6:00
- 8& Cross Lf over Rf (8), Rock Rf to right side (&)

S2) 1-8 Recover, Cross, Hinge, Walk x 2, Rocking chair, Step, Touch behind

- 1&2& Recover on Lf (1), cross Rf over Lf (&), ¼ turn right stepping back on Lf (2), ¼ turn right stepping Rf to right side (&) --- 12:00
- 3, 4 Towards the right diagonal step Lf forward (almost across for styling) (3), step Rf forward (almost across for styling) (4) --- 1:30
- 5&6&7, 8 Rock Lf forward (5), recover on Rf (&), Rock back on Lf while looking over your left shoulder and opening up your chest towards the side wall (6), recover on Rf looking straight ahead towards the diagonal (&), step forward on Lf (7), touch Rf behind Lf (8) --- 1:30

S3) 1-8& Turn ¾, Cross, Diamond 3/8, Behind, ¼, Spiral, Side, Cross

- 1, 2&3 Turn ¾ right on Lf ending up with weight on Rf sweeping Lf forward facing the left diagonal (1), cross Lf over Rf (2), step Rf back (&), turn 1/8 left stepping Lf a little longer step to the left (3) --- 9:00
- 4&5 Turn 1/8 left stepping forward on Rf (4), step Lf forward (&), turn 1/8 left stepping Rf a little longer step to the right (5) --- 6:00
- 6&7, 8& Step Lf behind Rf (6), ¼ right stepping slightly forward on Rf (&), step Lf slightly forward and do a full turn right on Lf keeping weight on Lf (7), step Rf to right side (8), cross Lf over Rf (&), --- 9:00

S4) 1-8& Side, Behind, ¼, Pivot ½, ¼, Behind, Side, Cross rock, Recover, ¾, Side, Touch

- 1&2&3 4 Step Rf to right side (1), step Lf behind Rf (&), ¼ turn right stepping forward on Rf (2), step forward on Lf (&), pivot turn ½ right changing weight to Rf (3) --- 6:00
- 5&6&7,8& ¼ turn right stepping Lf a little longer step to the left (4), step Rf behind Lf (5), step Lf to left side (&), cross rock Rf over Lf (6), recover on Lf (&), ¼ turn right stepping forward on Rf and sweep Lf forward while continuing the turn ½ right (7), step Lf to left side (8), touch Rf beside Lf (&) --- 6:00

Restarts on wall 4 facing 6:00, and on wall 8 facing 12:00 after 16 counts (After you have touched your Rf behind Lf on the diagonal, restart the dance with the lunge.)

* Ending: keep dancing the last wall (starts facing 12:00) until the music finishes. The last step is count 17, where you normally do a ¾ turn right, only this time you do a 7/8 turn to end towards the 12 o'clock wall.

Lovely music! Enjoy!

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