

# No Panic

拍數: 48      牆數: 2      級數: Intermediate  
編舞者: Niels Poulsen (DK) - January 2018  
音樂: Everything's Gonna Be Alright - David Lee Murphy & Kenny Chesney : (iTunes)



**Intro: 8 count intro from main beat (5 secs. into track). Start with weight on L foot**  
**NOTE: NO TAGS, NO RESTARTS**

## [1 – 8] Basic R and L, side R, behind sweep, behind side cross turning 1/8 L

1 – 2&      Step R to R side (1), step L behind R (2), cross R over L (&) 12:00  
3 – 4&      Step L to L side (3), step R behind L (4), cross L over R (&) 12:00  
5 – 6      Step R to R side (5), cross L behind R sweeping out to R side (6) 12:00  
7&8      Cross R behind L (7), step L to L side (&), cross R over L turning 1/8 L (8) 10:30

## [9 – 16] L mambo step, R back lock step, L full turn sweep, behind side cross

1&2      Rock L fwd (1), recover back on R (&), step L back (2) 10:30  
3&4      Step back on R (3), lock L over R (&), step back on R (4) 10:30  
5 – 6      Turn ½ L on R stepping L fwd (5), turn ½ L on L stepping R back and sweeping L to side (6) 10:30  
7&8      Cross L behind R (7), step R to R side (&), cross L over R (8) 10:30

## [17 – 24] R side rock cross with 1/8 L, L side rock cross, R side rock ¼ L, L mambo ¼ L

1&2      Square up to 9:00 rocking R to R side (1), recover on L (&), cross R over L (2) 9:00  
3&4      Rock L to L side (3), recover on R (&), cross L over R (4) 9:00  
5&6      Rock R to R side (5), turn ¼ L when recovering onto L (&), step R fwd (6) 6:00  
7&8      Rock L fwd (7), recover back on R (&), turn ¼ L stepping L to L side (8) 3:00

## [25 – 32] Cross rock, side rock, back rock, R scissor step, ¼ R back, R back lock step

1&2&      Cross rock R over L (1), recover onto L (&), rock R to R side (2), recover onto L (&) 3:00  
3&      Rock back on R (3), recover onto L again (&) 3:00  
4&5      Step R to R side (4), step L behind R (&), cross R over L (5) 3:00  
6 - 7&8      Turn ¼ R stepping L back (6), step back on R (7), lock L over R (&), step back on R (8) 6:00

## [33 – 40] L back rock, L lock step with ½ R, R back rock, R syncopated jazz box

1 – 2      Rock back on L (1), recover onto R again (2) 6:00  
3&4      Turn ¼ R stepping L to L side (3), cross R over L (&), turn ¼ R stepping back on L (4) 12:00  
5 – 6      Rock back on R (5), recover onto L (6)

**Styling option for count 5: During verse 1 and 3 you can choose to look over your R shoulder to hit the lyrics ('look back over her shoulder') 12:00**

7 – 8&      Cross R over L (7), step back on L (8), step R a small step to R side (&) 12:00

## [41 – 48] Cross point X 2, together, Monterey ½ R into L scissor step

1 – 2      Cross L over R (1), point R to R side (2) 12:00  
3 – 4      Cross R over L (3), point L to L side (4) 12:00  
&5 – 6      Step L next to R (&), point R to R side (5), turn ½ R on L stepping R next to L (6) 6:00  
7&8      Step L to L side (7), step R behind L (&), cross L over R (8) 6:00

**ENJOY!**

**Ending Wall 7 is your last wall (starts facing 12:00). Do up to count 44&. Rather than turning ½ R just step R to R side on count 45 to stay facing 12:00**

Contact: nielsbp@gmail.com

