

# No More, No More

拍數: 96                      牆數: 2                      級數: Phrased Easy Intermediate  
編舞者: Forty Arroyo (USA) - May 2018  
音樂: Hit The Road Jack - Ray Charles : (original 60s recording)



Sequence: A, A, B, A, A, B(1-16), Bridge, B(17-32), A to end

## PART A (CHORUS - HIT THE ROAD JACK)

### [1-8] STEP, HOLD, STEP, HOLD, STEP, HOLD, STEP, LOW KICK

1-4                      Step R forward, Hold, L forward & in front of R , Hold  
5-6                      Step R forward & in front of L, Hold, ,Step L forward & in front of R, Low kick R forward

### [9-16] CROSS, STEP, STEP, KICK, CROSS, STEP, STEP, HOLD

1-4                      Traveling back – Cross R over L, Step back on L, Step on R, Low kick with L  
5-8                      Traveling back – Cross L over R, Step back on R, Step back on L, Hold

### [17-24] SIDE TOE HEEL STRUTS, CROSS TOE HEEL STRUT, ROCKING CHAIR

1-2                      Touch R toes – small step to R, Drop R heel  
3-4                      Touch L toes across and in front of R, Drop L heel  
5-8                      Rock forward on R, Recover weight on L, Rock back on R, Recover weight on L

### [25-32] SLOW JAZZ BOX WITH ¼ (Toe/Heels)

1-2                      Touch R toes across & in front of L, Drop R heel,  
3-4                      Making ¼ turn to right - Touch L toes slightly back, Drop L heel  
5-6                      Touch R toes to side, Drop R heel  
7-8                      Touch L toes slightly forward, Drop L heel

### (33-64) REPEAT PART A – STEP 1 -32

## Part B

### [1-8] TAP, STEP, TAP, STEP, Do the TWIST

1-2                      Tap R toes to right diagonal, Step R in place  
3-4                      Tap L toes to left diagonal, Step L in place  
5-8                      Do the twist for 4 counts or swivel both heels – L, R, L, R – shift weight onto L

### [9-16] LOCK STEPS – RIGHT AND LEFT

1-4                      Step R forward - right diagonal, Lock L behind, Step forward R – right diagonal, Hold  
5-8                      Step L forward – left diagonal, Lock R behind, Step L forward – left diagonal, Hold

**NOTE – BRIDGE HAPPENS HERE the second time you do B (at 12:00 o'clock)**

### [17-24] BACK, TOUCH, BACK, TOUCH, BACK, TOUCH, TOUCH, HOLD

1-2                      Step R back – right diagonal, Touch R next to L  
3-4                      Step L back – left diagonal, Touch L next to R  
5                          Step R back

### a 6 Touch L toes next to R, Touch L toes out to side

7-8                      Hold for 2 counts

### [25-32] STEP, HOLD, ½ PIVOT, HOLD, STEP BACK ½ TURN, TAP TWICE, HOLD

1-4                      Step L forward , Hold, Pivot ½ to right, Hold  
5                          Step back on L turning ½ to right  
6-7                      Touch R toes in front of L twice  
8                          Hold

**Bridge****SIDE, CLOSE, SIDE, TOUCH, SIDE, CLOSE, SIDE, TOUCH**

1-4 Step R to side, Step L next to R, Step R to side, Slide & touch L next to R

5-8 Step L to side, Step R next to L, Step L to side, Slide & touch R next to L

**SKATE**

1-2 Step R to side, Sweep & touch L next to R

3-4 Step L to side, Sweep & touch R next to L

5-6 Step R to side, sweep & touch L next to R

7-8 Step L to side, Sweep & touch R next to L

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