

No More

拍數: 72 牆數: 2 級數: Intermediate waltz style
編舞者: Adrian Lefebour (AUS) - February 2020
音樂: You Don't Do It For Me Anymore - Demi Lovato : (3:18)



Count In: Dance begins 24 counts from when the beat kicks in.

[1 – 12] L Twinkle, 1/4 Turn, 3/8 Turn, Cross Rock, Replace, Step Side, Touch Back, Hold x2

1 2 3 Step L across R [1], Step R to right side [2], Take weight on L [3] 12.00
4 5 6 Step R across L [4], 1/4 turn R step L back [5], 3/8 turn R step R to right side [6] 7.30
1 2 3 Cross rock L over R, Replace weight back on R, Step L to L side 6.00
4 5 6 Touch R toe behind L [4], Hold [5,6] (weight is on L) 6.00

[13 – 24] Step Side, Drag L x2, 1/4 Turn, 1/2 Turn, Step Back, Step Back, 1/2 Turn, Step Fwd, 1/2 Spiral Turn, Step Down, Hold x2

1 2 3 Step R to right side [1], Drag L toe towards R [2,3] (keep weight on R) 6.00
4 5 6 1/4 turn L step L fwd [4], 1/2 turn L step R back [5], Step L back [6] 9.00
1 2 3 Step R back [1], 1/2 turn Step L fwd [2] (3.00), Step R fwd making a 1/2 spiral turn L lifting the L foot slightly off the ground [3] 9.00
4 5 6 Step the L foot down [4], Hold [5,6] 9.00

[25 – 36] Twinkle Fwd x2, Step Fwd, Drag R x2, Weave Across, 1/2 Turn Hitch

1 2 3 Step R fwd/across L [1], Rock L to L side [2], Replace weight on R [3] (Travelling fwd) 9.00
4 5 6 Step L fwd/across R [4], Rock R to R side [5], Replace weight on L [6] (Travelling fwd) 9.00
1 2 3 Step R across L, Step L to left side, Step R behind L 9.00
4 5 6 1/4 turn L step L fwd [4] (6.00), Making a further 1/4 turn L hitch the R knee up [5,6] 3.00

[37 – 48] Step Across, Point Toe, Hold, 1/2 Turn Monetary, Hold, R Twinkle with 3/4 Turn R, Step Fwd, R Slow Kick

1 2 3 Step R across L [1], Point L toe to left [2], Hold [3] 3.00
4 5 6 1/2 turn L stepping L next to R [4], Point R toe to right side [5], Hold [6] 9.00
1 2 3 Step R across L [1], 1/4 turn R step L back [2], 1/8 turn R step R to right side [3] [Restart/Tag] 1.30
4 5 6 Step L fwd [4], Slowly kick R fwd lifting from knee first [5], Continue to Kick R toe fwd [6] 1.30

[49 – 60] Step Back, 1/8 Rock Side, Replace, Step Behind, Side Rock, Replace, Step Behind, 1/4 Turn Rock, Replace, Step Back, Hook

1 2 3 Step R back [1], 1/8 turn L rock L to left side [2], Replace weight on R [3] 12.00
4 5 6 Step L behind R [4], Rock R to right side [5], Replace weight on L [6] 12.00
1 2 3 Step R behind L [1], 1/4 turn L rock lightly fwd on L [2], Replace weight back on R [3] 9.00
4 5 6 Step L back [4], Hook R in front of L [5,6] 9.00

[61 – 72] Step Fwd, 1/4 Fwd Sweep, 1/4 Turn, 3/8 Turn, Cross Rock, Replace, 3/8 Turn, 1/2 Turn, 1/4 Turn, Drag

1 2 3 Step R fwd [1], Sweep L fwd making a 1/4 turn R [2,3] 12.00
4 5 6 Step L across R [4], 1/4 turn L step R back [5], 3/8 turn L step L to left side [6] 4.30
1 2 3 Cross rock R over L [1], Replace weight back on L [2], 3/8 turn R step right fwd [3] 9.00
4 5 6 1/2 turn R step L back [4], 1/4 turn R step right to right side [5], Drag L towards R [6] 6.00

Restart/Tag – 2nd Wall, dance to count 45 and at this point you will be facing 7.30.

Add the following 3 counts then Restart facing the 6.00 wall:

4 5 6 – Walk L fwd [4], Walk R fwd [5], Drag L towards R [6]

FINISH: 6th Wall, dance until count 48 to finish dance facing the 12.00 wall.

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