

There is No News

拍數: 48 牆數: 2 級數: Easy Improver
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音樂: No News - Lonestar : (iTunes etc.)



one restart in wall 3 after 40 counts, after start again. Introduction: 16 counts, start after approx 10 sec.
Sequence: 48, 48, 40, Restart, 48, 48, 24, ending.

Part 1. [1-8] R Back, Heel Touch L Fwd, L Replace, Touch R Beside (x2).

1,2 Step Rf slightly diagonal back (1), Touch L heel slightly diagonal fwd (2).
3,4 Step Lf back in place (3), Touch Rf beside Lf (4).
5,6 Step Rf slightly diagonal back (5), Touch L heel slightly diagonal fwd (6).
7,8 Step Lf back in place (7), Touch Rf beside Lf (8).

Part 2. {9-16} R Side, L Beside, Fwd Rock R, Side Rock R, R Back, L Side ¼ Turn L.

1,2 Step Rf to R (1), Step Lf beside Rf (2).
3,4 Rock Rf fwd (3), Recover back onto Lf (4).
5,6 Rock Rf to R (5), Recover back onto Lf (6).
7 8 Step Rf back (6), Make ¼ turn L (9.00) step Lf to L (8).

Part 3. {17-24} Syncopated Fwd Rocks R, L, R Back, R Touch Beside, Knee Pops L, R.

1,2& Rock Rf fwd (1), Recover back onto Lf (2), Step Rf beside Lf (&).
3,4 Rock Lf fwd (3), Recover back onto Rf (4).
5,6 Step Lf back (5), Touch Rf beside Lf (6).
7,8 Step Rf in place and pop L knee fwd (7), Step Lf back in place and pop R knee fwd (8).

Part 4. {25-32} R Side, L Touch Beside, L Fwd ¼ Turn L, R Scuff, R Fwd Coaster Step, L Beside.

1,2 Step Rf to R (1), Touch Lf beside Rf (2).
3,4 Make ¼ turn L (6.00) step Lf fwd (3), Scuff R heel fwd (4).
5,8 Step Rf fwd (5), Step Lf beside Rf (6), Step Rf back (7), Step Lf beside Rf (8).

Part 5. [33-40] R Side, L Together, Knee Rolls R, L, R Side, L Heel Touch Fwd, L Side, R Touch Beside.

1,2 Step Rf to R (1), Step Lf beside Rf (2).
3,4 Roll R knee out (3), Roll L knee out (4).
5,6 Step Rf to R (6), Touch L heel slightly diagonal fwd (6).
7,8 Step Lf to L (7), Touch Rf beside Lf (8).

(NB: RESTART HERE IN WALL 3 AFTER 40 COUNTS, AFTER START AGAIN).

Part 6. [41-48] Heel R Diag, Heel L Diag, R Back, Hook L, Heel R Diag, Heel L Diag, L Back, Knee Lift R.

1,2 Step Rf diagonal on Heel (1), Step Lf diagonal on heel (2).
3,4 Step Rf back (3), Hook Lf across Rf (4).
5 6 Step Lf diagonal on Heel (5), Step Rf diagonal on heel (6).
7,8 Step Lf back (7), Lift R knee up (8).

REPEAT THE DANCE AND HAVE FUN!!