

NO!

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Selena Kallinich (DE) - September 2022
音樂: No - Little Mix



LDF (de)

Intro: 32 Count- start dancing with weight on L

Motion: Novelty/Soul-.RnB- Pop Mix

Tag: 1 Tag after Wall 9

Restart: 1 Restart - Wall 5/ changing steps at Sec II- 7-8

Note: it's just a modern line dance to have fun to dance :-)

RF > right foot / LF > left foot / fwd > forward / bwd > back behind

Section 1 [1 - 8] Heel Grind ¼ Turn R, Step Back, Shuffle back, ¼ Turn R, Point L, ¼ Turn L

1 - 2 RF heel dip 12:00 , RF ¼ turn grind to right 03:00
3 - 4& RF step back, LF step back, RF ball step 03:00
5 - 6 LF step back, RF ¼ turn to right 06:00
7 - 8 LF point to left,, LF t1/4 turn to left 03:00

Section 2 [9 - 16] Full Turn L, ¼ Turn L Chasse, Back Rock, Kick Ball Cross

1 - 2 RF step full turn fwd., LF step on weight 03:00
(Option> RF ½ Turn L back, LF ½ Turn L step fwd.)
3 &4 RF ¼ turn to R, LF ball Step to RF, RF step to right 12:00
5 - 6 LF back rock behind RF, RF recover on weight 12:00
7 &8 LF cross behind RF, RF step to right side, LF crossover RF 12:00

Restart at Wall 5 / Changing steps

7 - 8 LF step to left, RF touch to LF 12:00

Section 3 [17 - 24] ½ Turn Step, ¼ Turn L-Mambo, Rock fwd.,(Jump) Sweep,Behind-Side-Rock, Behind-Side+Cross

1 - 2& LF step ¼ turn to left(03:00) RF ¼ turn ball step to right, LF recover 06:00
3 - 4 RF rock fwd. (jump), LF recover on weight RF sweep (ronde) to right, 06:00
5 - 6 RF cross behind LF, LF step to left, 06:00
7 - 8& RF step to right, , LF cross over RF, RF step to right 06:00

Section 4 [25 - 32] Hold,Behind-Ball-Cross, ¼ Turn, Step ½ Turn, Triple Turn

1 - 2& RF hold on count, LF cross behind, RF ball close to LF 06:00
3 - 4 LF crossover RF, RF ¼ turn to right. 03:00
5 - 6 LF step fwd., RF ½ turn to right 09:00
7 + 8 LF full - turn- step R (LF ⅓ turn R- RF ⅓ turn R- LF ⅓ Turn R) 03:00

TAG After Wall 9

Tag: ¼ Paddle Turn 2 x R, Jazzbox

1 - 2 RF step fwd., LF ¼ turn to left 09:00
3 - 4 RF step fwd., LF ¼ turn to left 06:00
5 - 6 RF crossover LF, LF step back 06:00
7 - 8 RF step to right, LF step fwd. 06:00

**If you have any questions please contact us: www.linedancefriendship.de
N- joy it :)**

