

# Short and Sweet

拍數: 32      牆數: 2      級數: Easy Intermediate  
編舞者: Kate Sala (UK) & Dee Musk (UK) - January 2023  
音樂: No Bad Days (feat. Jimmie Allen) - Flo Rida



## #16 Count Intro.

### Diagonal Step With Hip Sways, Diagonal Shuffle, Full Turn Left With Side Rock & Cross.

1 2            Step forward on R to right diagonal swaying hips right. Sway hips L. (With dips)  
3 & 4        Travelling to right diagonal step forward on R. Step L next to right. Step forward on R.  
5 6            Turn 1/4 left stepping forward on L. 9:00 Turn 1/2 left stepping back on R. 3:00  
7 & 8        Turn 1/4 left with side rock left. Recover on to R. Cross step L over R. 12:00

### Diagonal Step Back, Swivel In Toe, Heel, Hitch x 2, Side Step Slide x 2, Triple Step 3/4 Turn Right.

1 & 2 &        Step R back on right diagonal. Swivel L toe in towards R. Swivel L heel in. Hitch L knee.  
3 & 4 &        Step L back on left diagonal. Swivel R toe in towards L. Swivel R heel in. Hitch R knee.  
5              Step R out to right side sliding L in towards R. (Weight on R).  
6              Step L out to left side sliding R in towards L. (Weight on L).  
7 & 8        Turn 3/4 right stepping on R, L, R. 9:00

### Step Forward, Lock, Step, Step Forward, Lock, Step, Step forward, Rock, Recover, Step Back x 2, Out Out.

1 2 &        Step forward on L. Lock step R behind L. Step forward on L.  
3 & 4 &        Step forward on R. Lock step L behind R. Step forward on R. Step forward on L.  
5 6            Rock forward on R, Recover back on to L.  
& 7            Run back on R, L.  
& 8            Step R out to right side. Step L out to left side.

### Swivel Left Heels Toes Heels With Hitch, Swivel Right Heels Toes Heels Hitch With 1/4 Turn Left.

1 & 2        Swivel both heels left. Swivel both toes left. Swivel both heels left whilst hitching R knee.  
3 & 4        Swivel both heels right. Swivel both toes right. Swivel both heels right making a 1/4 turn left hitching L knee.

### Step Forward, Rock Forward, Recover, Turn 1/2 Right, Turn 1/2 Right Stepping Back.

5 6 &        Step forward on L. Rock forward on R. Recover on to L.  
7 8            Turn 1/2 right stepping forward on R. Turn 1/2 right stepping slightly back on L. 6:00

Start Again ENJOY!

ENDING: During wall 6 facing the back, dance up to count 14 then do the triple step, turning only 1/2 right to face the front wall and continue to dance 1 2 & 3 of section 3, step forward on Right. Dah Dah!!