

# No Brakes

拍數: 32                      牆數: 4                      級數: Improver  
編舞者: Marianne Langagne (FR), Jenny Declémy, Dominique Lapôtre, Angeline Mulard,  
Delphine Sablon (FR) & Christelle Spinard - May 2023  
音樂: No Brakes - The Wolfe Brothers



Intro : 16 Counts – Start on the lyrics

**TAG (16 Counts) : 7th Wall & Restart**

**[1-8] KICK BALL STEP, HEEL SWITCHES, STEP ½ TURN L, TRIPLE FWD**

1&2                      Kick RF, Together, LF Fwd  
3&4                      R Heel Fwd, Together, L Heel Fwd  
&                          Together  
5-6                      RF Fwd, ½ Turn L (weight on LF) (You'll be at 3:00)  
7&8                      RF Fwd, Together, RF Fwd

**[9-16] KICK BALL STEP, STEP ½ TURN R, FULL TURN, TRIPLE FWD**

1&2                      Kick LF, Together, RF Fwd  
3-4                      LF Fwd, ½ Turn R (You'll be at 9:00)  
5-6                      ½ Turn R- LF Back, ½ Turn R- RF Fwd  
7&8                      LF Fwd, Together, LF Fwd

\*\*\*\*\*

Séquences : 32 – 32 – 16R – 32 -32 – 32 – 16 TAG /RESTART– 32 – 16 – Final : Touch RF behind LF

**S1 WALK R-L, ANCHOR STEP, BACK L-R, COASTER STEP**

1-2                      Walk R - L  
3&4                      RF Behind LF, Return weight on LF, Return weight on RF  
5-6                      LF Back, RF Back  
7&8                      LF Back, Together, LF Fwd

**S2 TRIPLE FWD, ½ TURN-TRIPLE FWD, SKATE R –L, KICK BALL STEP**

1&2                      RF Fwd, Together, RF Fwd  
3&4                      ½ Turn L- LF Fwd, Together, LF Fwd (6:00)  
5-6                      Skate RF, Skate LF  
7&8                      Kick RF, Together, LF Fwd HERE RESTART :

HERE : RESTART 3rd Wall (Facing 12:00) and TAG/RESTART : 7th Wall (facing 9:00)

**S3 SIDE ROCK CROSS R – L, STEP ½ TURN L, COASTER STEP**

1&2                      RF to the R, Recover on LF, Cross RF over LF  
3&4                      LF to the L, Recover on RF, Cross LF over RF  
5-6                      RF Fwd, ½ Turn L with weight on RF (12:00)  
7&8                      LF Back, Together, LF Fwd

**S4 STEP ¼ TURN L, VAUDEVILLE R – L, STOMP, HEEL SPLIT**

1-2                      RF Fwd, ¼ Turn L (weight on LF) (9:00)  
3&4                      Cross RF over LF, LF Back, R Heel Diagonally R  
&                          Together  
5&6                      Cross LF over RF, RF Back, L Heel Diagonally L  
& 7                      Together, Stomp RF next to LF (weight on the 2 feet)  
&8                      Heels out, Return to the center (Weight on LF)

Move, Dance & have Fun

Contacts : Marianne Langagne : [eujeny\\_62@yahoo.fr](mailto:eujeny_62@yahoo.fr) Site Web : [www.mariannelangagne.fr](http://www.mariannelangagne.fr)  
Delphine Sablon : [Delam2@live.fr](mailto:Delam2@live.fr)

Last Update: 7 May 2023

---