

No Lie

拍數: 32 牆數: 4 級數: Improver
編舞者: Angelina REGOLI (FR) - February 2024
音樂: No Lie (feat. Dua Lipa) - Sean Paul



SECTION I : Walk Fwd right/left, WalkFwd Swell, Walk back right/left, Point right/left

- 1-2 Walk RF forward, Walk LF forward
- 3&4 Walk forward, both left heels, return heels to the center (left support)
- 5-6 Walk RF backwards, Walk LF backwards
- 7&8& Point RF and LF and return LF to RF side (left PdC)

SECTION II : Side rock right, Side rock left, Sailor ¼ turn left, Triple Fwd

- 1-2 RF to the right take support from RF, return to support LF and bring together RF to the side of LF
- 3-4 LF to left take support, return to support RF
- 5&6 LF backward with ¼ turn to the left, RF to LF side, LF forward
- 7&8 Not chased forward R/L/R

SECTION III : Cross samba left, Cross samba right, Hell left/right, Step left ½ turn right

- 1&2 LF cross in front of RF, uncross RF to the right, return to support LF
- 3&4 RF cross in front of LF, Uncross LF to left, return support RF
- 5&6& Heel L and heel R and return support RF
- 7-8 LF forward, ½ to the right

SECTION IV : Triple step ½ turn right, Pony back, Coaster step, Point right, Flick right, Point right

- 1&2 chased U-turn L/R/L
- 3&4 RF backward, hitch LF, RF backward
- 5&6 LF backwards, gather RW to LF side, LF forward (Left Pdc)
- 7&8 Point RF to the right, Flick RF, Point RF to the right

KEEP SMILING AND START DANCING AGAIN
