

No More

拍數: 48 牆數: 3 級數: Improver
編舞者: Jérôme Ciurana (FR) - May 2024
音樂: Down to Your Last One More - Billy Dean



Déscriptif : 16 Counts do 48/48/32*/48/32*/32*/48**/ Counts 33-48// then do the dance

[1-8] BACK X3, POINT LEFT BACK, WALK LEFT /RIGHT, POINT LEFT, CROSS

1-2-3 Step RIGHT back, Step LEFT back, Step RIGHT back
4 Point LEFT back
5-6 Step LEFT forward, Step RIGHT forward
7-8 Point LEFT to left side, Cross LEFT over right

[9-16] POINT RIGHT, CROSS, POINT LEFT, JAZZ BOX 1/40 TURN LEFT CROSS, HOLD

1-2 Point RIGHT to right side, Cross RIGHT over left
3 Point LEFT to left side
4-5 Cross LEFT over right, Step RIGHT back
6-7 1/4 turn left and step LEFT to left side, Cross RIGHT over left
8 Hold

[17-24] SIDE LEFT AND DOUBLE HIP BUMP TO LEFT, DOUBLE HIP BUMP RIGHT, HIP ROLL X 2

1&2 Step LEFT to left side and push hips to left twice
3&4 Push hips to right twice
5-6 Roll hip contra-clockwise
7-8 Roll hip contra-clockwise

[25-32] CROSS TOE STRUT, SIDE TOE STRUT, CROSS TOE STRUT, SIDE TOE STRUT

1-2 Cross LEFT toe over right, Drop LEFT heel on floor
3-4 RIGHT toe to right side, Drop RIGHT on floor
5-6 Cross LEFT toe over right, Drop LEFT heel on floor
7-8 RIGHT toe to right side, Drop RIGHT on floor

* NOTA for the restart change count 8 by hold

[33-40] REVERSE LEFT ROCKING CHAIR X 2

1-2 Step LEFT back, Recover weight on RIGHT
3-4 Step LEFT forward , Recover weight on RIGHT
5-6 Step LEFT back, Recover weight on RIGHT
7-8 Step LEFT forward, Recover weight on RIGHT

[41-48] 1/2 LEFT TOE STRUT, RIGHT TOE STRUT, LEFT VINE , TOUCH

1-2 1/2 turn left and LEFT toe forward, Drop LEFT heel on floor
3-4 RIGHT toe forward, Drop RIGHT heel on floor
5-6-7 Step LEFT to left side, Cross RIGHT behind left, Step LEFT to left side
8 Touch RIGHT toe beside left

** NOTA for the final change counts 48 by step RIGHT together

SMILE WHEN YOU DANCE !!!!!!!

Les références des heures ne valent que sur le premier mur

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<https://www.youtube.com/user/MrSPIRITOFCCOUNTRY>
