

702 No Brainer

拍數: 160 牆數: 4 級數: Advanced Soul dance
編舞者: Raymonda Rizer (USA) - December 2024
音樂: No Brainer (feat. Justin Bieber, Chance the Rapper & Quavo) - DJ Khaled



I believe soul and gospel dances are usually learned by watching people dance it and memorizing the steps and how they fit the music. This dance, fortunately, also lends itself to being counted and written into a step sheet. Because the music and lyrics are so important, lyrics are shown below, matched with the corresponding steps. The counts are based on the rhythm of the music. Paying attention to which patterns go with which melodies/lyrics in the song, makes it easier and more enjoyable to dance.

The dance starts after 16 beats of the song.

PART 1 64 COUNTS

OUT/OUT IN/IN, TAPS, BOOTY ROLLS AT 12:00

You stick out of the crowd, baby, it's a no-brainer

1&2& Step forward on right, step up on left, step back on right, back on left
3&4& Tap right foot forward, left foot forward
5 6 7 8 Lean to right doing booty rolls

REPEAT 1-8 ABOVE STARTING WITH LEFT FOOT LEAN IS TO THE LEFT

It ain't that hard to choose
Him or me, be for real, baby, it's a no-brainer
You got your mind unloose

CHA CHA HALF TURNS

Go hard and watch the sun rise
One night'll change your whole life

1 2 3&4 Rock forward on right foot, recover on left making half turn cha steps to right, left, right to 6:00
5 6 7&8 Rock forward on left, recover on right making half turn cha steps to left, right, left to 12:00

RIGHT FOOT POINT UP POINT BEHIND SIDE CROSS, REPEAT STARTING WITH LEFT AT 12:00

Off top, drop-top, baby it's a no-brainer

1 2 3&4 Point right foot up, to right side, behind left foot, step on left, cross right over left
5 6 7&8 Point left foot up, to left side, behind right foot, step on right, cross left over right

RIGHT QUARTER TURNS, BACK STEPS

Yeah, yeah-eah, yeah,yeah-eah-eah
In the middle, woah

1 2 3 4 Make quarter turn left face 9:00, step back right, left, right, left make quarte turn right 3:00
5 6 7 8 Walk back left, right, left, right

REPEAT RIGHT QUARTER TURNS BACK STEPS 1-8 ABOVE

Woah-woah-oah, oh, oh-oh, ooh
Put 'em high

FORWARD DIAGONAL LOCK STEPS, HALF LEFT TURN

Put 'em high
Yeah-eah-eah, yeah, yeah-eah-eah
Both arms, yeah

1&2&3&4& Quick steps right, lock left behind, right, left, lock right behind, kick right back, step right 12:00
5&6& 7 8 Step on left, point right to right, step on right, left foot left, left behind right, half turn left 6:00

REPEAT FORWARD DIAGONAL LOCK STEPS, HALF LEFT TURN BACK TO 12:00

Woah-woah-oah, oh, oh-oh, ooh

Put 'em high

PART 2 48 COUNTS

DIAGONAL STEPS FORWARD WITH BOUNCES AT 12:00

Quavo! Mama told you don't talk to stranger

(skrrt, skrrt, skrrt, skrrt)

9 10 11 12 Step back on right foot, slide back on left, slide back on right, slide back on left

13 14 15 16 Step back on right, slide back on left, rock/push up on right, step right in place

STEP SHIMMIES/ SIDE DRAGS AT 12:00

What you been waitin' on this whole time? (Yeah)

I blow the brains outta your mind (Ooh)

1 2 3 4 Step/push on left, step/shimmy leaning from right to left

5 6 7 8 Step/push on right, step/shimmy leaning from left to right

SIDE STEPS, SIDE CHAS AT 12:00

And I ain't talking 'bout physically (No)

I'm talking 'bout mentally (Talking 'bout mentally)

1 2 3&4 Step to side right, together, side cha steps right, left, right

5 6 7&8 Step to side left, together, side cha steps left, right, left

ROCK CHA 1/2 TURN TO RIGHT TO 6:00, ROCK CHA LEFT TURN TO 9:00

She lookin', she look like she nasty (She lookin')

She lookin', she look like she classy (She lookin')

1 2 3&4 Rock up on right foot, recover right 1/2 turn, cha steps right, left, right to 6:00

5 6 7&8 Rock forward on left, step on right making 3/4 turn left, cha steps left, right, left to 9:00

ROCKING 1/2 TURN TO RIGHT TO 3:00, ROCK CHA LEFT 1/4 TURN TO 12:00

She lookin', just look at her dancing (Look at her)

She lookin', I took her to the mansion (Yeah, yeah)

1 2 3&4 Rock up on right foot, recover right 1/2 turn, cha steps right, left, right to 3:00

5 6 7&8 Rock forward on left, step on right making 1/4 turn left, cha steps left, right, left to 12:00

REPEAT PART 1

Same lyrics as Part 1

PART 3 48 COUNTS

ROCK WITH KICK, RECOVER, CROSS AND CROSS AT 12:00

Don't look rich, I ain't got no chain (Huh)

Not on the list, I ain't got no name

1 2 3&4 Step to right on right kickin left foot, recover on left

3&4 Cross right over left, step on left, cross right over left

5 6 7&8 Repeat steps 1-4 above stepping to left on left

CONTINUOUS WALKING HALF LEFT TURNS, SYNCOPATED JAZZ BOX AT 12:00

But we in this bitch, bitch, I'm not no lame

And I keep it Ben Franklin, I'm not gon' change

1 2 3 4 Step forward on right, turn left stepping on left, repeat

5 6 7&8 Cross right over left, step back on left, step right back, cross left over right, step right

SYNCOPATED JAZZ BOX, ROCK BACK, CHA CHA HALF RIGHT TURN AT 12:00

Lot of these hoes is messy (Messy)

I just want you and your bestie

1 2 3&4 Cross left over right, step back on right, step left back, cross right over left, step left

5 6 7&8 Rock back on right, recover on left, cha steps half turn to 6:00 right, left right

ROCK BACK, HALF RIGHT LEFT TURNING CHA, BACK WALK STEPS AT 12:00

Y'all don't gotta answer for whenever you text me
It's multiple choice and they all wanna test me

1 2 3&4 Rock back on left, cha steps half turn to 12:00 left, right, left
5 6 7 8 Walk back right, left, right, left

CROSS SIDE KICKS, CROSS AND CROSS AND CROSS AND CROSS AT 12:00

She ch-ch-ch-ch-choosing the squad

She tryna choose between me, Justin, Qua' and Asahd

1&2& Cross right over left, step on left, kick right, step back on right
3&4& Cross left over right, step on right, cross left over right, step on left,
5&6&7&8& Cross right over left, step on left, repeat 2 more times, step on right, step left to side

REPEAT STARTING WITH LEFT FOOT

She told me that she love that I make music for God

I told her I would love to see that booty applaud

1&2& Cross left over right, step on right, kick left, step back on left
3&4& Cross right over left, step on left, cross right over left, step on right,
5&6&7&8& Cross left over left, step on right, repeat 2 more times, step on left, step right to side

REPEAT PART 1

Same lyrics as part 1 above

REPEAT PART 2

Walked down, had me sitting up
Demanded my attention, had to give it up
Look like somebody designed you
Drop-dead gorgeous, you make me wanna live it up
Your presence is critical
Moving my soul, yeah you're spiritual
They hate it when you notice me
Like everybody else invisible (Ooh)
Breaking all the rules (Oh-oh)
So above the law (So above the law)
I'll be your excuse (Damn right)
Uh, and you won't go wrong, no

REPEAT PART 1

Same lyrics as part 1 above

**REPEAT FIRST PART OF PART 3 END OF ORIGINAL VERSION OF SONG
FOLLOWING IS PERFORMANCE ENDING FOR DIFFERENT, LONGER VERSION**

PERFORMING ENDING 48

DIAGONAL STEPS FORWARD WITH BOUNCES AT 12:00

1 2 3 4 Step right foot diagonal, touch left foot to right, bounce bounce
5 6 7 8 Step left foot diagonal, touch right foot to left, bounce bounce

BACK SLIDE STEPS, BACK WALKS AT 12:00

1 2 3 4 Step back on right foot, slide back on left, slide back on right, slide back on left
5 6 7 8 Step back on right, left, right, left

STEP BACK KICKS, TWO QUARTER TURNS LEFT TO 9:00, 6:00

1 2 3 4 Tap right foot up, tap right foot back, tap left foot up, tap left foot back
5 6 7 8 Step right foot forward, pivot on left foot ¼ turn left, repeat to 6:00

REPEAT STEPS 1-8 ABOVE TO 3:00, 12:00

FORWARD DIAGONAL LOCK STEPS, TWO QUARTER LEFT TURNS TO 6:00

1&2&3&4& Quick steps right, lock left behind, right, left, lock right behind, step right, step left at 12:00

5&6& 7 8 Step right foot forward, pivot on left foot $\frac{1}{4}$ turn left, repeat to 6:00

REPEAT FORWARD DIAGONAL LOCK STEPS, HALF LEFT TURN BACK TO 12:00

1&2&3&4& Quick steps right, lock left behind, right, left, lock right behind, step right, step left at 6:00

5&6& 7 8 Step right foot forward, pivot on left foot $\frac{1}{4}$ turn left, repeat to 12:00

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