

No Stressin Not Today

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Sue Jennings (USA) - February 2025
音樂: No Stressin (Kay Gee Remix) - Damon Little



Intro 32 counts

SEQUENCE: 32, 32, 32, 32, 32, 32, tag, 32, 32, 32

[1-8] Forward Diagonal Sway L/R , L Diagonal Shuffle, Step R Diagonal, Touch, Back Touch (Left pattern dance)

1-2 Step forward Diagonal with L, Sway L/R
3&4 Shuffle forward Diagonal L/R/L
5-6 Step R Diagonal, Touch L next to R
7-8 Step L Diagonal Back, Touch R next to L.

[1-16] Back Diagonal Sway R/L, L Diagonal Shuffle Back, Step L Diagonal, Touch, Forward Touch

1-2 Step Back Diagonal with R, Sway R/L
3&4 Shuffle Back Diagonal R/L/R
5-6 Step L Back Diagonal, Touch R next to L
7-8 Step L Diagonal Forward, Touch R next to L.

[17-24] Point L to L, Touch L to R, Point L to L, Tap L, Step L. /Point R to R, Touch R to L, Point R to R, Tap R, Step R

1-2 Point L to L, Touch Left to R
3&4 Point L to L, Tap L center, Step Left to R taking weight on the L
5-6 Point R to R, Touch R to L
7&8 Point R to R, Tap R center, Step R to Left taking weight on the R

[25-32] Shuffle Forward Left, Step R Pivot 1/2, 1/4 Turn Shuffle R, Rock back L Recover

1&2 Shuffle forward L/R/L
3-4 Step R Pivot 1/2 turn to L.
5&6 Making 1/4 R Shuffle R/L/R
7-8 Rock back L, Recover R

Tag- Wall 7 - 16 count tag x 4 making a full rotation.

[1-16] Step L to L X 2, Step R to R x 2 , Walk Back, Walk Forward, 1/4 Turn L

1-2 Step L to L
3-4 Step L to L, Touch R to L
5-6 Step R to R
7-8 Step R to R, Touch L to R
9-10 Step back L, Step Back R
11-12 Step back L, Touch R to L
13-14 Step Forward R/L
15-16 Step R making 1/4 turn, keeping weight on the R

This Dance is Dedicated to Tina Hauer.