

First To Know (No News)

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Jen Michele (USA) - March 2025
音樂: No News - Lonestar



****4 restarts (DO NOT let this scare you!)**

(Alternate music option with no restarts! I Feel Lucky by Mary Chapin Carpenter)

Section 1 - Cross, Side step, Sailor step. Cross, Side step, ¼ turning sailor step.

- 1-2 cross step right foot over the left, step the left foot to the left side (12:00)
3&4 as you angle your body to the right corner (1:30) step your right foot back, step left next to the right, and then right foot forward on that diagonal (we are still at the 12:00 wall, but our body is angled to the right corner)
5-6 straighten out to face 12:00 as you cross step the left foot over the right, step the right foot to the right side (12:00)
7&8 as you angle your body to the left – step back on the left foot as you turn ¼, step right foot next to the left, and then left foot forward (9:00)

****Restart here on wall 6 (starting at 3:00, and restart facing 12:00)****

Section 2 - Toe strut. ¼ turning toe strut. Toe strut. ¼ turning toe strut.

- 1-2 touch right toe forward, step down (9:00)
3-4 touch left toe forward as you turn ¼ left, step down (6:00)
5-6 touch right toe forward again, step down (6:00)
7-8 touch left toe forward as you turn another ¼ left, step down (3:00)

****as you do these toe struts feel free to add some hips or other flare****

****Restart here on wall 2 (starting at 3:00, and restart facing 6:00)**

****Restart here on wall 4 (starting facing 9:00, and restart facing 12:00)**

****Restart here on wall 8 (starting facing 3:00, and restart facing 6:00)**

Section 3 - Shuffle forward, Rock, Recover. Walk back left, right. Shuffle back.

- 1&2 traveling forward, step right foot forward, left next to right, right foot forward again (3:00)
3-4 rock weight forward onto the left, and then recover weight back onto the right (3:00)
5-6 walk back left, right (3:00)

(For counts 5-6, you can turn as you travel back instead! Turning left, make a ½ turn landing on the left, and another ½ turn landing back on the right, then continue with 7&8 shuffling back on the left**)**

- 7&8 traveling back step left foot back, step right foot next to the left, step left foot back again (3:00)

Section 4 - Back V-step. Hips bumps right. Hip bumps left.

- 1-2 step right foot back on the right diagonal, step left foot back on the left diagonal (3:00)
3-4 step right foot forward to center, step left foot next to right (3:00)
5-6 bump your hips two times over to the right (right foot taking the weight) (3:00)
7-8 bump your hips two times over to the left (left foot taking the weight) (3:00)

Start over and have fun!

See ya on the dance floors!

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