

No Butts Or Maybes

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Alison Metelnick (UK)
音樂: I'll Get You Back - Mark Chesnutt



LEFT FORWARD ROCK & RECOVER, ½ TURN LEFT, LEFT SHUFFLE FORWARD, ¼ RIGHT 2 COUNT MONTEREY, LEFT SHUFFLE FORWARD

1-2 Step left foot forward, recover weight on right
3&4 ½ turn left, step left foot forward, step right foot next to left, step left foot forward
5-6 Touch right toe to right side, ¼ turn right step right foot next to left
7&8 Step left foot forward, step right foot next to left, step left foot forward

½ LEFT PIVOT, RIGHT SHUFFLE FORWARD, LEFT ROCK & RECOVER, LEFT LOCK STEP BACK

1-2 Step right foot forward, pivot ½ left
3&4 Step right foot forward, step left foot next to left, step right foot forward
5-6 Rock left foot forward, recover weight on right foot
7&8 Step left foot back, lock right foot in front of left, step left foot back

ROCK SIDE RIGHT & RECOVER, RIGHT CROSS SHUFFLE, STEP SIDE LEFT, SWEEP ½ RIGHT, RIGHT SAILOR STEP

1-2 Rock right foot out to right side, recover weight on left foot
3&4 Cross step right over left, step left foot to left side, cross step right over left
5-6 Step left foot out to left side (with weight on left foot) sweep right foot behind left at the same time turning ½ turn right
7&8 Step right foot behind right, step left foot next to right, step right foot forward

To help styling and momentum on the backward sweep into the sailor step it helps to over-rotate yourself slightly to the right diagonal

LEFT CROSS ROCK & RECOVER, ½ LEFT TRIPLE STEP, RIGHT CROSS ROCK & RECOVER, ¼ RIGHT SIDE SHUFFLE

1-2 Cross rock left foot over right, recover weight on right foot
3&4 Turn ¼ left stepping on left foot, turn ¼ turn left stepping right foot next to left, step left foot next to right
5-6 Cross rock right foot over left, recover weight on left foot
7&8 Step right foot to right side, step left foot next to left, ¼ turn right stepping right foot forward

To help styling and momentum when executing the ½ turn triple step into the cross rock recover it helps to over-rotate slightly to the left diagonal(counts 25-28)

½ RIGHT PIVOT WITH A KICK, RIGHT SAILOR STEP, SIDE LEFT SLIDE TOGETHER, RIGHT SIDE SHUFFLE

1-2 Step left foot forward, ½ turn right kicking right foot to right diagonal
3&4 Step right foot behind left, step left foot next to right foot, step right foot forward
5-6 Step left foot to left side, slide step right foot next to left (weight remains on left foot)
7&8 Step right foot to right side, step left foot next to right, step right foot to right side

HIP BUMPS WITH SKATES LEFT-RIGHT, ½ LEFT TRIPLE STEP, STEP RIGHT SLIDE LEFT, LEFT SIDE SHUFFLE

1-2 Bump hips left and right at the same time skate in place, left and right
3&4 Turn ¼ left stepping on left foot, turn ¼ left stepping right foot next to left foot, step left foot next to right foot
5-6 Step right foot to right side, slide step left foot next to right (weight remains on right foot)
7&8 Step left foot to left side, step right foot next to left, step left foot to left side

CROSS ROCK RIGHT & RECOVER, ¼ TURN RIGHT SIDE SHUFFLE, LEFT FORWARD ROCK & RECOVER, ¼ LEFT BACK SWEEP

- 1-2 Cross rock step right over left, recover weight on left
- 3&4 Step right foot to right side, step left foot next to right foot, ¼ turn left step right foot forward
- 5-6 Rock left foot forward, recover weight on right foot
- 7-8 Sweep left foot behind right turning ¼ left (weight should be on left foot with the right foot in third position heel raised)

½ PIVOT LEFT (WEIGHT COMES BACK ON TO RIGHT FOOT), LEFT COASTER STEP, ¼ LEFT PIVOT, MODIFIED RIGHT CROSS SHUFFLE

- 1-2 Step right foot forward, ½ pivot left taking weight back on to right foot (it will feel like you are holding here or alternatively you can kick your left foot forward)
- 3&4 Step left foot back, step right foot next to left, step left foot forward
- 5-6 Step right foot forward ¼ pivot left
- 7&8 Cross step right foot over left, step left foot to left side, step right foot forward

REPEAT

TAG

When dancing the dance to the Mark Chesnutt track, at the end of the 2nd wall (you will be facing 6:00)

LEFT SIDE ROCK & RECOVER, LEFT CROSS SHUFFLE, RIGHT SIDE ROCK & RECOVER, MODIFIED RIGHT CROSS SHUFFLE

- 1-2 Rock left foot to right side, recover weight on right foot
 - 3&4 Cross step left foot over right foot, step right foot to right side, cross step left foot over right
 - 5-6 Rock right foot to right side, recover weight on left
 - 7&8 Cross step right foot over left foot, step left foot to left side, step right foot forward
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