No Dancing Today



拍數: 32 牆數: 4 級數: Improver nightclub

編舞者: Audrey Watson (SCO)

音樂: I Don't Feel Like Dancin' - Scissor Sisters



SIDE TOGETHER, BACK & CROSS, SIDE, KICK BALL STEP, CLAP CLAP

1-2 Step right to right/side, close left next right

3&4 Step back on right, step left left/side, cross right over left

5-6&7 Step left to left, side, kick right forward, step down on right, step forward on left

&8 Clapp hands twice

FORWARD & BACK, BACK & FORWARD, STEP 1/4 TURN CROSS, SIDE MAMBO

1&2	Rock forward on right, rock back on left, step back on right
3&4	Rock back on left, rock forward on right, step forward on left
5&6	Step forward on right turn ¼ left cross right over left

7&8 Rock left to left/side, rock weight on right, step left next right (optional clap)

BEHIND & CROSS, BUMP & BUMP, BEHIND 1/4 TURN FORWARD, KICK BALL STEP

1&2	Swing right out & behind left, step left to left/side, cross right over left	eft
ICXZ	SWING HOLL OUT & DEHING IEIL SIED IEH 10 IEH/SIGE. GIOSS HOLL OVEL 19	c

3&4 Touch left toe to left/side bumping hips left, right, left

Step left behind right, turn 1/4 right stepping forward on right, step forward on left

7&8 Kick right foot forward, step down on right, step forward on left

CROSS BACK SIDE, CROSS BACK SIDE, COASTER STEP, ROCK 1/4 TURN STOMP

1&2	Cross right over left, step back on left, step right to right/side
3&4	Cross left over right, step back on right, step left to left/side
5&6	Step back on right, step left next right, step forward on right
7&8	Step forward on left rock ¼ turn right, stomp left next right

REPEAT

TAG

To be added at the end of wall 11 RIGHT ROCK CROSS, LEFT ROCK CROSS

Rock right to right, side, recover on left, cross right over left Rock left to left/side, recover on right, cross left over right