No Doubt About That!



拍數: 0 牆數: 0 級數:

編舞者: Sobrielo Philip Gene (SG) 音樂: No Doubt - CoCo Lee



Sequence: AB Tag AB AA BB(16 Counts) AB

PART A

Rock right forward, recover weight onto left, step right beside left
Rock left forward, recover weight onto right, step left beside right
Point right to right, touch right beside left, point right to right
Cross right behind left, step left to left, cross right over left

ROCK RECOVER REPLACE, POINTS SWITCHES, BEHIND SIDE CROSS

1&2	Rock left forward, recover weight onto right, step left beside right
3&4	Rock right forward, recover weight onto left, step right beside left

5&6 Point left to left, touch left beside right, point left to left

7&8 Cross left behind right, step right to right, cross left over right

WEAVE WITH ¼ TURN, ½ TURN STEP, WEAVE WITH ¼, ½ TURN STEP

1&2	Step right to right, step left behind right making ¼ turn right step right forward
3&4	Step left forward, pivot ½ turn right transferring weight onto right, step left forward
5&6	Step right to right, step left behind right making ¼ turn right step right forward
7-8	Step left forward, pivot ½ turn right transferring weight onto right, step left forward

STOMP HOLD, STOMP HOLD, HEAD ROLL, BODY SHIMMY

1-2	Stomp right forward, hold
3-4	Stomp left forward, hold
5-6	Roll head from left to right

7&8& Do a whole body shimmy or shimmy from leg to body to head(4 counts) Hands: bring hands from respective thigh level to above head as if taking out your top shirt

PART B

FOUR ROCK RECOVER 1/4 TURNS, FOUR ROCK RECOVER 1/4 TURNS

1&2&	Making ¼ turn right rock right forward, recover weight onto left, m	naking ¼ right rock right
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forward, recover weight onto left

3&4 Making ¼ turn right rock right forward, recover weight onto left, making ¼ right rock right

forward

5&6& Making ¼ turn left rock left forward, recover weight onto right, making ¼ left rock left forward,

recover weight onto right

7&8 Making ¼ turn left rock left forward, recover weight onto right, making ¼ left rock left forward

ROCK RECOVER ½ TURN, ROCK RECOVER ¼ TURN, ROCK RECOVER ½ TURN, JUMP TOUCHES

1&2	Rock right forward, recover weight onto left, making $\frac{1}{2}$ turn right step right forward	
3&4	Rock left forward, recover weight onto right, making ¼ turn left step left forward	
5&6	Rock right forward, recover weight onto left, making ½ turn right step right forward	
&	Jump left forward diagonally left at the same time touch right beside left	
7	Jump right forward diagonally right at the same time touch left beside right	
&	Jump left forward diagonally left at the same time touch right beside left	
8	Jump right forward diagonally right at the same time touch left beside right	

ROCK RECOVER 1/4 TURNS*4, ROCK RECOVER 1/4 TURNS*4

1&2& Mal	king ¼ turn left rock left forward,	, recover weight onto right, making	1/4 left rock left forward,
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recover weight onto right

3&4 Making ¼ turn left rock left forward, recover weight onto right, making ¼ left rock left forward

5&6& Making ¼ turn right rock right forward, recover weight onto left, making ¼ right rock right

forward, recover weight onto left

7&8 Making ¼ turn right rock right forward, recover weight onto left, making ¼ right rock right

forward

ROCK RECOVER ½ TURN, ROCK RECOVER ¼ TURN, ROCK RECOVER ½ TURN, JUMP TOUCHES

1&2	Rock left forward, recover weight onto right, making ½ turn left step left forward
3&4	Rock right forward, recover weight onto left, making ¼ turn right step right forward
5&6	Rock left forward, recover weight onto right, making ½ turn left step left forward
&	Jump right forward diagonally right at the same time touch left beside right
7	Jump left forward diagonally left at the same time touch right beside left
&	Jump right forward diagonally right at the same time touch left beside right
8	Jump left forward diagonally left at the same time touch right beside left

TAG

1-2 Jump ¼ turn left on both feet, pop right shoulder

3-4 Hold for 2 counts (do this 4 times making a full turn left)

When doing b(16 counts) start with transferring weight from right to left