

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 RECOVER REPLACE, POINTS SWITCHES, BEHIND SIDE CROSS

1&2 Rock right forward, recover weight onto left, step right beside left
3&4 Rock left forward, recover weight onto right, step left beside right
5&6 Point right to right, touch right beside left, point right to right
7&8 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 ¼ TURNS, FOUR ROCK RECOVER ¼ TURNS

1&2& Making ¼ turn right rock right forward, recover weight onto left, making ¼ right rock right 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 ½ 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 ¼ TURNS*4, ROCK RECOVER ¼ TURNS*4

- 1&2& Making ¼ turn left rock left forward, recover weight onto right, making ¼ left rock left forward, 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
