

No Dress Code

拍數: 48 牆數: 2 級數: Improver
編舞者: Renegade Rich & Debi Krajcsovics (USA)
音樂: No Shoes, No Shirt, No Problems - Kenny Chesney



SIDE SHUFFLE, ROCK STEP, SIDE SHUFFLE, ROCK STEP

1&2 Step side left with left foot, step right foot next to left, step side left with left foot
3-4 Rock back behind left with right foot, recover weight on left foot
5&6 Step side right with right foot, step left foot next to right, step side right with right foot
7-8 Rock back behind right with left foot, recover weight on right foot

SHUFFLE FORWARD, LEFT-RIGHT-LEFT, RIGHT-LEFT-RIGHT, ROCK STEP BACK, STEP, CROSS, STEP

1&2 Shuffle forward, left, right, left
3&4 Shuffle forward, right, left, right
5-6 Rock forward on left foot, rock back on right foot
7&8 Step back on left foot, step back on right foot as you cross right over left foot, step back on left foot

ROCK STEP, STEP SCUFF, STEP SCUFF, STEP SCUFF

1-2 Rock back on right foot, rock forward on left foot
3-4 Step forward on right foot, scuff left foot
5-6 Step forward on left foot, scuff right foot
7-8 Step forward on right foot, scuff left foot

SIDE SHUFFLE LEFT 3X, WHILE DOING A FULL TURN, CROSS ROCK STEP

1&2 Step side left with left foot, step right foot next to left, step side left with left foot
& Pivot ½ turn left on left foot
3&4 Step side right with right foot, step left foot next to right, step side right with right foot
& Pivot ½ turn left on right foot
5&6 Step side left with left foot, step right foot next to left, step side left with left foot
7-8 Cross rock right foot over left blading your body slightly left, around 11:00, rock back on left foot, but staying bladed

TOE, STEP, COASTER STEP, POINT FRONT, SIDE, 3/8 TRIPLE STEP

You should still be bladed slightly left of original wall

1-2 Touch right toe next to left foot, place weight on right foot
3&4 Step back on left foot, step right foot next to left, step forward on left foot
5-6 Point right toe forward, then right side
7&8 Swing your right foot around as you do a triple step in place right, left, right

You should be facing the wall 3:00 from where you started, ¼ turn right

ROCK, COASTER STEP, STEP, SHUFFLE STEP, KICK, TURN, CROSS

1 Rock forward on ball of left foot
2&3 Step back on right foot, step left foot next to right, step right foot forward
4 Walk forward on left foot
5&6 Shuffle forward right, left, right
7&8 (Modified kick ball change) kick left foot forward, step on ball of left foot as you do a ¼ turn to your right, cross & step right foot over left

REPEAT

