

# No Exception

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Maureen Jones (UK) & Michelle Jones (UK)  
音樂: Men - The Forester Sisters



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## POINT, ¼ TURN, KICK-BALL-CROSS WITH ¼ TURN, LARGE STEP, TOUCH, ¼ TURN IN HEEL BOUNCES

- 1-2            Point right toe to right, make ¼ turn right, weight remains on left (right toe now touching forward, right heel raised and knees bent)
- 3&4           Kick right forward, step right beside left, starting ¼ turn left step left across right
- 5-6           Completing ¼ turn left make large step right on right, touch left beside right
- 7-8           Bouncing both heels twice make ¼ turn left (bend knees to produce heel bounces, body remains at a constant height) (weight ends on right)

## CROSS, SYNCOPATED ROCK, CROSS, SYNCOPATED ROCK, LARGE STEP, DRAG, PADDLE ¼ TURN

- 9&10          Step left across right, rock right to right, recover weight left on left
- 11&12        Step right across left, rock left to left, recover weight right on right
- 13-14        Make large step forward on left (bend left knee), drag right to touch beside left (straightening knees)
- 15&16&      Touch right to right and push hips right making 1/8th turn left, sway hips left, touch right to right and push hips right making 1/8th turn left, sway hips left

## STEP, HOLD & LOOK RIGHT, MODIFIED SAILOR WITH ¼ TURN LEFT, MODIFIED SAILOR, LARGE STEP, DRAG

- 17-18        Step right to right, hold and turn head to look right while pointing to the right with right hand (women may take this opportunity to point at a man)
- 19-20&      Step left to left, step right behind left, make ¼ turn left and step left slightly forward
- 21-22&      Step right to right, step left behind right, step right to right
- 23-24        Make large step forward on left (bending left knee), drag right to step beside left (straightening knees)

## HEEL RAISE, KICK-BACK-BACK, TOUCH, PIVOT, KICK-BACK-TOUCH

- 25-26        Rise up on toes by pushing both knees forward, drop heels to floor (weight on left)
- 27&28        Kick right forward, step back on right, step left back
- 29-30        Touch right toe back, pivot ½ turn right transferring weight to right
- 31&32        Kick left forward, step left back, touch right beside left

## REPEAT

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