

No Lie

拍數: 64 牆數: 2 級數: Improver
編舞者: Lana Harvey (USA)
音樂: I Wouldn't Tell You No Lie - The Tractors



STEP SLIDE STEP, SIDE, TOGETHER, HEEL SPREAD

- 1-2 Step forward left. Slide right next to left, weight on it
- 3-4 Step forward left. Hold
- 5-6 Step right to right side. Step left next to right
- 7-8 Spread heels apart Bring heels back together
- 9-10 Step forward right. Slide left next to right, weight on it
- 11-12 Step forward right. Hold
- 13-14 Step left to left side. Step right next to left
- 15-16 Spread heels apart Bring heels back together

WALK BACK, OUT-OUT, IN-IN, OUT-OUT, IN-IN, ROCK BACK, RECOVER

- 17-18 Step back on left. Hold
- 19-20 Step back on right. Hold
- 21-22 Step out and slightly back on left. Step out and slightly back on right
- 23-24 Step in and slightly back on left. Step in and slightly back on right
- 25-26 Step out and slightly back on left. Step out and slightly back on right
- 27-28 Step in and slightly back on left. Step in and slightly back on right
- 29-30 Rock back onto left. Hold
- 31-32 Rock forward onto right. Hold

SIDE ROCK, HOLD, STEP, STEP, SIDE ROCK, HOLD, STEP, STEP

- 33-34 Rock to left side on left. Hold
- 35-36 Rock weight onto right in place. Step left next to right
- 37-38 Rock to right side on right. Hold
- 39-40 Rock back onto left in place. Step right next to left

ROCK FORWARD, HOLD, STEP, STEP, ROCK BACK, HOLD, ROCK FORWARD, HOLD

- 41-42 Rock forward on left. Hold
- 43-44 Rock weight onto right in place. Step left next to right
- 45-46 Rock back onto right. Hold
- 47-48 Rock forward onto left. Hold

SIDE TOUCHES WITH ¼ TURN RIGHT, SIDE TOUCHES

- 49-50 Touch right toe to right side. Touch right toe next to left instep
- 51-52 Touch right toe to right side. Step right next to left turning ¼ to right side
- 53-54 Touch left toe to left side. Touch left toe next to right instep
- 55-56 Touch left toe to left side. Step left next to right.
- 57-58 Touch right toe to right side. Touch right toe next to left instep
- 59-60 Touch right toe to right side. Step right next to left turning ¼ to right side
- 61-62 Touch left toe to left side. Hold
- 63-64 Touch left toe next to right instep. Hold

REPEAT