

No Love Lost

拍數: 64 牆數: 4 級數: Improver
編舞者: Paul Mitchell (UK)
音樂: After the Love Has Gone - Steps



STEP, TOUCH, SHUFFLE BACK, BACK ROCK, RECOVER, ½ SHUFFLE TURN

- 1 Step forward on right
- 2 Touch left behind right heel
- 3&4 Shuffle back (left, right left)
- 5 Rock back on right
- 6 Recover weight onto left
- 7&8 Shuffle forward (right, left, right) making a ½ turn

WEAVE, BACK ROCK, RECOVER, KICK BALL, CROSS

- 1 Step left behind right
- 2 Step right to side
- 3 Cross left over right
- 4 Step right to side
- 5 Rock left behind right
- 6 Recover weight onto right
- 7&8 Kick left to left diagonal, step onto left and cross right over left

SIDE, HEEL JACK, CROSS, ¼ TURN, ½ TURN, ¼ CHASSE

- 1 Step left to left side
- 2&3 Step right behind left, step onto left, point right heel out
- &4 Step onto right, cross left over right
- 5 Step left back making a ¼ turn over left shoulder step
- 6 Step left forward making a ½ turn over left shoulder
- 7&8 Turn ¼ right, step right to right side, step left beside right, step right to right side

BACK ROCK, RECOVER, CHASSE, BACK ROCK, RECOVER, 2 STEP FULL TURN (OR WALK)

- 1 Rock left behind right
- 2 Recover weight onto right
- 3&4 Step left to left side, step right beside left, step left to left side
- 5 Rock right behind left
- 6 Recover weight onto left
- 7 Step back on right making ½ turn
- 8 Step forward on left making ½ turn (or walk for 2 counts)

SIDE, TOGETHER, STEP BACK, SIDE STEP, CROSS ROCK, RECOVER, ¼ SHUFFLE

- 1 Step right to right side
- 2 Step left beside right
- 3 Step right back
- 4 Step left to left side
- 5 Rock right over left
- 6 Recover weight onto left
- 7&8 Turning ¼, shuffle (right, left, right)

SIDE, TOGETHER, BACK SHUFFLE, BACK ROCK, RECOVER, ½ TURN, WALK BACK LEFT, RIGHT

- 1 Step left to left side
- 2 Step right beside left

- 3&4 Shuffle back, (left, right, left)
- 5 Rock back on right
- 6 Recover weight onto left
- 7 Turn ½ stepping back onto left
- 8 Step back onto right

BACK ROCK, RECOVER, SHUFFLE FORWARD, STEP TURN, SHUFFLE FORWARD

- 1 Rock on right
- 2 Recover weight onto left
- 3&4 Shuffle forward (right, left, right)
- 5 Step left forward
- 6 Make ½ turn putting on right
- 7&8 Shuffle forward (left, right, left)

KICK BALL STEP, ROCK, RECOVER, STEP, KICK BALL STEP, WALK

- 1&2 Kick right forward and step onto right, step left
- 3 Rock forward on right
- 4 Recover weight onto left
- 5 Step back on right
- 6&7 Kick left forward and step onto left, step right
- 8 Step left forward

REPEAT

TAG

On 2nd (9:00) and 4th (3:00) wall

ROCK, RECOVER, ¼ TURN, HOLD TWICE, SIDE, TOGETHER, SHUFFLE FORWARD, SIDE, TOGETHER, COASTER STEP

- 1 Rock forward on right
- 2 Recover weight onto left
- 3 Step right to right making ¼ turn
- 4 Hold
- 5 Rock forward on left
- 6 Recover weight onto right
- 7 Step left making ¼ turn
- 8 Hold
- 9 Step right to right side
- 10 Step left beside right
- 11&12 Shuffle forward (right, left, right)
- 13 Step left to left side
- 14 Step right beside left transferring onto right
- 15&16 Step back left, step right beside left, step left forward

RESTART

On 5th wall facing (6:00), dance from start until count 42, instead of back shuffle, do a left coaster step and restart
