

No Means No

拍數: 32 牆數: 4 級數: Improver
編舞者: Collin Bain
音樂: What Part of No - Lorrie Morgan



KICK-BALL-STEP, STEP FORWARD, ½ TURN, 2 X SHUFFLES

Slight diagonal

1&2 Kick right forward, step on right beside left, step forward on left
3-4 Step forward on right, pivot ½ turn to left
5&6 Shuffle forward right-left-right (slightly to right diagonal)
7&8 Shuffle forward left-right-left (slightly to left diagonal)

ROCK FORWARD, RECOVER, TRIPLE ½ TURN, LEFT JAZZ BOX, TOUCH

1-2 Rock forward on right, recover on left
3&4 Triple ½ turn back over right shoulder stepping right-left-right
5-6 Cross left over right, step back on right
7-8 Step to left on left, touch right beside left

MONTEREY TURN, CHASSE RIGHT, ROCK BACK, RECOVER

1-2 Point right to right side, turn ½ right on ball of left stepping onto right beside left
3-4 Point left to left side, step on left beside right
5&6 Chasse to right on right-left-right
7-8 Rock back on left, recover on right

LEFT KICK-BALL-CROSS, SIDE ROCK, ¼ TURN, LEFT SHUFFLE, WALK, WALK

1&2 Kick left to left diagonal, step on left beside right, cross-step right over left
3-4 Rock to left on left, recover onto right turning ¼ right
5&6 Shuffle forward left-right-left
7-8 Step forward on right, step forward on left

REPEAT

TAG

At the end of the second wall

1-4 Rock forward on right, recover onto left, rock back on right, recover onto left

RESTART

During the 5th wall, you will restart the dance after count 16 (i.e. Do the jazz box & touch, then restart with the kick-ball-step). you will be facing the front/home wall when you start both the 5th wall and the 6th wall

FINISH

To finish facing the front wall at the end of the music, make the triple ½ turn into a triple ¾ turn on wall 11, and do the jazz box. This is optional.