

No Mercy

拍數: 68 牆數: 1 級數: Intermediate
編舞者: Dave Harris (AUS)
音樂: Please Don't Go - No Mercy



ROCK FORWARD, BACK, TRIPLE STEP, ROCK FORWARD, BACK, TRIPLE STEP

1-2-3&4 Step forward onto the left foot, rock back onto the right foot, triple step in place, left-right-left
5-6-7&8 Step forward onto the right foot, rock back onto the left foot, triple step in place, right-left-right

¼ TURN, ¼ TURN, GALLOP ON 45 DEGREES ANGLE

1-4 Step forward onto the left foot, turn ¼ turn to the right, step forward onto the left foot, turn ¼ turn to the right
5&6&7&8 Step onto the left foot at a 45 degrees angle to the left, step right foot beside the left. Moving in the same direction, step onto the left foot, step right beside the left, step onto the left, step right beside the left, step onto the left foot

ROCK ACROSS, ROCK BACK, ½ TURN TRIPLE STEP, GALLOP ON 45 DEGREES ANGLE

1-2-3&4 Step the right foot across in front of the left, step onto the left foot in place, turning ½ turn to the right in triple step, step right-left-right
5&6&7&8 Repeat the gallop as before ending with weight on the left foot

ROCK ACROSS, ROCK BACK, TRIPLE STEP, HEEL SWITCHES

1-2-3&4 Step right foot across in front of the left foot, rock back onto the left foot in place, triple step in place right-left-right
5&6&7&8 Touch left foot forward at a 45 degrees angle, bring the left foot back together as you touch the right heel out at a 45 degrees angle, bring right foot together as you touch the left heel out, bring the left foot together and tap the right toe beside the left

SYNCOPATED VINE, ROCK ACROSS, ROCK BACK, ½ TURN TRIPLE STEP

1-2 Step the right foot to the right side, step left foot behind the right
&3-4 Step right to the side, step left foot in front of the right, step right to the side
5-6-7&8 Step the left foot across in front of the right, rock back onto the right foot in place, turning ½ turn to the left in a triple step, step left-right-left

SYNCOPATED VINE, ROCK ACROSS, ROCK BACK, ½ TURN TRIPLE STEP

1-8 Repeat the last eight beats exactly as above

Shuffle forward twice

1&2-3&4 Shuffle forward leading with the right foot, right-left-right. Shuffle forward left-right-left

SYNCOPATED VINE RIGHT, LEFT TOGETHER

1-2&3-4 Step right foot to the right side, step left foot behind the right, step right beside the left, step left foot to the left side (large step), stomp the right foot beside the left

This is when the bridge happens during the 6th sequence. Step and hold for 4 beats with weight on the right foot, restart the dance from the beginning, leading with the left foot, rock forward - back etc

STEP ½ TURN, SHUFFLE, ½ TURN SHUFFLE, ROCK BACK, FORWARD

1-2-3&4 Step forward onto the left foot, pivot ½ turn to the right and replace weight onto the right foot, shuffle forward leading with the left foot left-right-left
5&6 Turning ½ turn turn to the left shuffle back leading with the right foot, right-left-right
7-8 Step back onto the left foot, rock forward onto the right foot

STEP ½ TURN, STEP ½ TURN

1-4 Step forward onto the left foot, pivot $\frac{1}{2}$ turn to the right replacing weight onto the right foot.
Step forward onto the left foot, pivot $\frac{1}{2}$ turn turn to the right replacing weight onto the right foot

REPEAT

TAG

There is an instrumental piece at the end of the 5th sequence which continues into the 6th. Continue dancing and maintain pace during this time, through to the end of the syncopated vine

The dance finishes in the same place the next time around. In one sharp movement, cross arms, tap left toe behind the right foot, bow head.
