

No More

拍數: 32 牆數: 4 級數: Improver
編舞者: Jan Barrus (USA)
音樂: No More Protecting My Heart - Jamie O'Neal



INTRO

To be used only once at beginning of dance - starts on count 17

KNEE ROLLS LEFT, RIGHT, LEFT, LEFT, RIGHT, LEFT, RIGHT, RIGHT

Start with feet shoulder width apart

- &1 Roll left knee from right to left using the ball of left foot, shift weight to left foot
- &2 Roll right knee from left to right using ball of right foot, shift weight to right foot
- &3&4 Roll left knee from right to left using the ball of left foot, roll left knee again from right to left, shift weight to left foot
- &5 Roll right knee from left to right using ball of right foot, shift weight to right foot
- &6 Roll left knee from right to left using the ball of left foot, shift weight to left foot
- &7&8 Roll right knee from left to right using the ball of right foot, roll right foot again using ball of right foot, shift weight to right foot
- 9-16 Repeat counts 1-8

THE MAIN DANCE

VINE LEFT, KICK, BALL CHANGE, KICK, BALL CHANGE, KICK

- 1-2 Step left foot to left side, cross right foot behind left foot
- 3-4 Step left foot to left side, kick right foot forward
- &5-6 Step back on right foot, step left foot in place, kick right foot forward
- &7-8 Repeat counts &5-6

STEP BACK, STEP BACK, COASTER STEP, LEFT SHUFFLE, RIGHT SHUFFLE

- 1-2 Step right foot back, step left foot back
- 3&4 Step right foot back, step left foot next to right foot, step right foot forward
- 5&6 Shuffle in place left, right, left
- 7&8 Shuffle in place right, left, right

WALK, WALK, SHUFFLE FORWARD, TOE TAP, HEEL JACK, PIVOT ¼ LEFT

- 1-2 Step left foot forward, step right foot forward
- 3&4 Shuffle forward left, right, left
- 5& Tap right toe behind left foot, jump back onto right foot
- 6& Tap left heel forward, step left foot back next to right foot
- 7-8 Step forward on right foot, pivot ¼ turn left shifting weight to left foot

SAILOR STEPS RIGHT & LEFT, FORWARD ROCK STEP, ½ TURN RIGHT SHUFFLE

- 1& Cross right foot behind left, step left foot to left side
- 2-3 Step right foot to right side, cross left foot behind right
- &4 Step right foot to right side, step left foot to left side
- 5-6 Rock forward on right foot, step back in place on left foot
- 7& Step on right foot starting ½ turn right, step left foot next to right
- 8 Step forward on right foot

REPEAT

TAG

When you return to the starting wall to start the dance again, before beginning there is an 8 count tag

ROCK STEP, COASTER STEP, WALK, WALK, SHUFFLE

1-2 Rock forward on left foot, step back in place on right foot
3&4 Step back on left foot, step right foot next to left, step forward on left foot
5-6 Step forward on left foot, step forward on right foot
7&8 Shuffle forward right, left, right
