

# 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

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