

# No More

拍數: 48      牆數: 2      級數: Improver  
編舞者: Amanda Andrews (USA)  
音樂: You Don't Get No More - Patty Loveless



## RIGHT TOE FANS, LEFT TOE FANS

1-4      Step right forward, fan toes right, left, right  
5-8      Step left forward, fan toes left, right, left

## HEEL STOMPS, KICK BALL CHANGE, STOMP, STOMP

1-2      Touch right toe forward, drop heel  
3-4      Touch left toe forward, drop heel  
5&6      Kick right forward, step ball of right beside left, step left in place  
7-8      Stomp right next to left, stomp left in place

## PIVOT ½ TO THE LEFT, STOMP, STOMP, PIVOT ½ TO THE LEFT, STOMP, STOMP

1-2      Step right forward, pivot ½ turn to the left  
3-4      Stomp right next to left, stomp left in place  
5-6      Step right forward, pivot ½ turn to the left  
7-8      Stomp right next to left, stomp left in place

## RIGHT SHUFFLE, ROCK STEP, TURN ¼ TO THE RIGHT LEFT SHUFFLE, ROCK STEP

1&2      Shuffle to the right  
3-4      Rock left behind right, shift weight to right  
5&6      Turn ¼ to the right while shuffle to the left  
7-8      Rock right behind left, shift weight to left

## TRIPLE STEP ½ TURN, ROCK STEP, STEP, TOGETHER, STEP, TOGETHER

1&2      Triple step ½ turn to the left with right  
3-4      Rock left behind right, shift weight to right  
5-6      Step left forward, step right next to left  
7-8      Step left forward, step right next to left

## RIGHT GRAPEVINE, TURN ¼ TO THE RIGHT SCUFF, LEFT GRAPEVINE, TURN ½ TO THE LEFT

1-2-3      Step right to right, left behind right, turn ¼ to the right with right  
4      Scuff left next to right  
5-6-7      Step left to left, right behind left, turn ¼ to the left with left  
8      Continue with ¼ turn to the left - (this made a ½ turn)

## REPEAT

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