

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
