

No More Cry

拍數: 72 牆數: 2 級數: Intermediate
編舞者: Cierwen Newell (AUS)
音樂: No More Cry - The Corrs



SHUFFLE FORWARD, TURN ½, TWIST ½, ROCK REPLACE, LOCK SHUFFLE BACK

- 1&2-3-4 Shuffle forward (right-left-right), turning ½ turn right touch left toe back, turning ½ turn left twist heels right
- 5-6-7&8 Step right forward, rock back on left, step right back, lock left over right, step right back (lock shuffle)

TOUCH UNWIND ¾, HEEL & HEEL, SAMBA, SAMBA

- 1-2-3&4 Touch left behind right, unwind ¾ turn left (weight on left), place right heel forward, step right together, place left heel forward
- &5&6-7&8 Step left together, step right to right side, replace weight on left, cross right over left, (samba) step left to left side, replace weight on right, cross left over right (samba)

HEEL, HOLD, HEEL, HOLD, ROCK FORWARD, BACK, LOCK SHUFFLE BACK

- 1-2-3-4 Place right heel forward, hold, turning ½ turn right on ball of left place right heel forward, hold
- 5-6-7&8& Step right forward at 45, rock back on left, cross right over left, step left back, cross right over left, step left back

SAILOR STEP, SAILOR STEP, SCUFF, TOUCH, UNWIND, HOLD

- 1&2-3&4 Step right behind left, step left to left side, replace weight on right (sailor step), step left behind right, step right to right side, replace weight on left (sailor step)
- 5-6-7-8 Scuff right forward, touch right toe over left, unwind ½ turn left, hold

HEEL, HOOK, HEEL, TURN ½, HEEL, HOOK, HEEL, TURN ½

- 1-2-3-4 Place right heel forward, hook right to left knee, place right heel forward, turning ½ turn right on right heel, step right forward
- 1-2-3-5 Place left heel forward, hook left to right knee, place left heel forward, turning ½ turn left on left heel, step left forward

PIVOT ½, HEEL, HOOK, HEEL, TURN ½, HEEL, HOOK

- 1-2-3-4 Step right forward, pivot ½ turn left, place right heel forward, hook right to left knee
- 5-6-7-8 Place right heel forward, turning ½ turn right on right heel step right forward, place left heel forward, hook left to right knee

HEEL, TURN ½, PIVOT ¼, STEP SIDE, HOLD, CROSS SHUFFLE

- 1-2-3-4 Place left heel forward, turning ½ turn left on left heel step left forward, step right forward, pivot ¼ turn left
- 5-6&7&8 Step right to right side, hold, step left together, cross shuffle (right-left-right)

STEP SIDE, HOLD, CROSS SHUFFLE, STEP SIDE, DRAG, CROSS, UNWIND ¾

- 1-2&3&4 Step left to left side, hold, step right together, cross shuffle (left-right-left)
- 5-6&7-8 Step right to right side, drag left together, step left together, cross right over left, unwind ¾ turn left (weight left)

HEEL, SCUFF, SCUFF BACK, TOUCH, PIVOT ½, STEP FORWARD, TWIST ¼, TWIST, TWIST

- &1&2-3-4 Step right back, place left heel forward, step left forward, scuff right forward, scuff right back, touch right toe back
- 5-6-7&8 Pivot ½ turn right (weight on right), step left forward, turning ¼ turn right twist heels left, twist toes left, twist heels center

REPEAT

TAG

On the 4th wall. After count 32 keep your weight on left so you can do the following:

1-2-3-4 Scuff right forward, touch right toe over left, unwind $\frac{1}{4}$ turn left without taking weight, hold
