

No News

拍數: 48 牆數: 0 級數:
編舞者: Ann Williams (UK)
音樂: No News - Lonestar



Position: Right Open Promenade position holding inside hands. Opposite footwork. Man's Steps listed

TOUCH BACK, BRUSH, SHUFFLE, HEEL FORWARD, TOE BACK, SHUFFLE

1-2 Touch left toe back, brush left forward
3&4 Left shuffle forward
5-8 Touch right heel forward, touch right toe back, right shuffle forward

ROCK, RECOVER, SHUFFLE ½ TURN, STEP, PIVOT, SHUFFLE

9-10 Step and rock forward on left, recover onto right
11&12 Left shuffle turning ½ turn left to face RLOD

Release hands

13-14 Step right forward, pivot ½ turn left

Rejoin inside hands

15&16 Right shuffle forward

TURN ¼ SIDE, BEHIND, ¼ TURN, BRUSH, HIP BUMPS

17-18 Turn ¼ right stepping left to left side, join forward hands, step and cross right behind left
19-20 Turn ¼ left stepping left forward, release forward hands, brush right forward
21-24 Small step right to right side and bump hips, two bumps right, two bumps left

STEP, PIVOT ¼ & CLAP, PIVOT ¼ & CLAP, STEP, PIVOT ½, WALK, WALK

25-26 Step right forward, release hands, pivot ¼ turn left and clap
27-28 Step right forward, pivot ¼ turn left and clap
29-30 Step right forward, pivot ½ turn left

Rejoin inside hands

31-32 Walk forward on right, left

SHUFFLE FORWARD, SHUFFLE ½ TURN, ROCK, RECOVER

33&34 Right shuffle forward
35&36 Left shuffle turning ½ turn right

Change hands on the turn

37-38 Step and rock back on right, recover onto left

SHUFFLE FORWARD, SHUFFLE ½ TURN, ROCK, RECOVER

39&40 Right shuffle forward
41&42 Left shuffle turning ½ turn right

Change hands on the turn

43-44 Step and rock back on right, recover onto left

WALK, WALK, SHUFFLE

45-46 Walk forward on right, left
47&48 Right shuffle forward

REPEAT