

# No Nooze

拍數: 48      牆數: 4      級數:  
編舞者: Ray McCown  
音樂: No News - Lonestar



(Note: First eight counts are danced in the shape of a diamond)

## SHUFFLE FORWARD, SHUFFLE BACK WITH ¼ TURN,

1&2      Right shuffle step forward, 45 degree angle right

3&4      Left shuffle step backward turning ¼ turn right

## SHUFFLE FORWARD WITH ¼ TURN, SHUFFLE BACK WITH ¼ TURN

5&6      Right shuffle step forward turning ¼ turn right

7&8      Left shuffle step backward turning ¼ turn right

(You should now be facing beginning wall)

## GRAPEVINE RIGHT, GRAPEVINE LEFT WITH ¼ TURN

9      Step right foot to right side

10      Step left foot behind right

11      Step right foot to right side

12      Touch left beside right

13      Step left foot to left side

14      Step right foot behind left

15      Step left foot to left side, turning ¼ turn to the left

16      Touch right beside left

## SHUFFLE, STEP, PIVOT ½, SHUFFLE, HOOK BEHIND, PIVOT ½

17&18      Right shuffle step forward

19      Step left forward

20      Pivot ½ turn right

21&22      Left shuffle step forward

23      Hook right behind left

24      Pivot ½ turn left on ball of left

## HEEL-TOE TOUCHES WITH HOPS, FORWARD THREE, KICK

&25      Hop back on right, touch left heel forward

&26      Hop forward on left, touch right toe back

&27      Hop back on right, touch left heel forward

&28      Hop forward on left, touch right toe back

29      Step forward right

30      Step forward left

31      Step forward right

32      Kick left forward

## BACK THREE, STEP BALL CROSS, SIDE TOUCH, HITCH WITH ¼ TURN, STEP, STEP

33      Step back left

34      Step back right

35      Step back left

&36      Step on ball of right and cross left over right

37      Touch side right

38      Lift right knee forward, turning ¼ turn left

39      Step right in place

40 Step left in place

**KICK BALL CROSS, KICK BALL CROSS, SIDE TOUCH, HITCH WITH ¼ TURN, STEP, STEP**

41&42 Kick right forward, step on ball of right, cross left over right

43&44 Kick right forward, step on ball of right, cross left over right

45 Touch side right

46 Lift right knee forward turning ¼ turn left

47 Step right in place

48 Step left in place

**REPEAT**

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