

No Pride At All

拍數: 32 牆數: 4 級數: Improver
編舞者: DJ Dan (NL) & Wynette Miller (NL)
音樂: Ain't Your Memory Got No Pride At All - Doug Stone



RIGHT CROSS ROCK, CHASSE, LEFT CROSS ROCK, CHASSE

1-2 Cross/rock right over left, recover weight onto left
3&4 Step right to right side, step left next to right, step right to right side
5-6 Cross/rock left over right, recover weight onto right
7&8 Step left to left side, step right next to left, step left to left side

STEP, PIVOT ½ TURN, ½ TURN INTO LOCK STEP BACK, ROCK STEP BACK, LOCK STEP FORWARD

1-2 Step right forward, pivot ½ turn left
3&4 Make ½ turn left step right back, lock left across right, step right back
5-6 Rock left back, recover weight onto right
7&8 Step left forward, lock right behind left, step left forward

Easier option

ROCK STEP FORWARD, LOCK STEP BACK

1-2 Rock right forward, recover weight onto left
3&4 Step right back, lock left across right, step right back

RIGHT, SIDE ROCK, CROSS-SIDE-BEHIND, SWEEP BEHIND-SIDE-CROSS, RIGHT, SIDE ROCK

1-2 Rock right to right side, recover weight onto left
3&4 Cross step right over left, step left to left side, cross step right behind left
5 Sweep left around into cross step left behind right,
&6 Step right to right side, cross step left over right,
7-8 Rock right to right side, recover weight onto left

CROSS, UNWIND ½ TURN LEFT, ROCK STEP BACK, STEP-1/8 PADDLE TURN LEFT TWICE

1-2 Cross step right toe over left, unwind ½ turn left, weight ends on left (6:00)
3-4 Rock right back, recover weight onto left
5-6 Step right forward, make 1/8 turn left
7-8 Step right forward, make 1/8 turn left (3:00)

REPEAT
