

No Way Jose'

拍數: 32 牆數: 4 級數:
編舞者: Shirley Johnson
音樂: What Part of No - Lorrie Morgan



RIGHT HEEL TOGETHER, HEEL, STEP

- 1 Touch right heel forward 45 degrees (touching and facing approximately 1:30)
- 2 Touch right ball/foot beside left foot
- 3 Touch right heel forward 45 degrees (touching and facing approximately 1:30)
- 4 Step right foot beside left foot

LEFT HEEL, TOGETHER, HEEL, STEP

- 5 Touch left heel forward 45 degrees (touching and facing approximately 10:30)
- 6 Touch left ball/foot beside right foot
- 7 Touch left heel forward 45 degrees (touching and facing approximately 10:30)
- 8 Step left foot beside right foot

RIGHT HEEL, TOGETHER, LEFT HEEL TOGETHER

- 9 Touch right heel forward 45 degrees (touching and facing approximately 1:30)
- 10 Step right foot beside left foot
- 11 Touch left heel forward 45 degrees (touching and facing approximately 10:30)
- 12 Step left foot beside right foot

KICK RIGHT FORWARD, BACK, STOMP

- 13 Kick right foot/leg forward
- & With right leg still extended bend right knee bringing right leg up back toward body
- 14 Kick right foot/leg forward
- 15 Step right foot back
- 16 Step left foot back
- 17 Step right foot back
- 18 Stomp (down) left foot in front of right foot (weight on both feet)

HEEL SPLITS (LOUIE, LOUIE)

- 19 Putting weight on balls of both feet, move left heel out to left side so left heel is pointing approximately 8:00 at same time move right heel out to right side so right heel is pointing approximately 5:00
- 20 Leaving weight on balls of both feet, move left heel to right side, left heel pointing approximately 4:00, at same time move right heel to left side, right heel pointing approximately 7:00
- 21 Leaving weight on balls of both feet, move left heel out to left side so left heel is pointing approximately 8:00, at same time move right heel out to right side so right heel is pointing approximately 5:00
- 22 Leaving weight on balls of both feet, move heels back to center transferring weight to right foot (both feet are pointing to 12:00)

STEP PIVOT ½ RIGHT, ¼ RIGHT

- 23 Step left ball of foot forward to 12:00, leaving right leg extended back with right toe/ball still touching floor
- 24 Pivot ½ turn right on balls of both feet (starting pivot with weight to ball of left foot and transferring weight to ball of right foot at end of pivot turn) (now facing 6:00 o'clock)
- 25 Step left ball of foot forward, leaving right leg extended back with right toe/ball touching floor

- 26 Pivot $\frac{1}{4}$ turn right on balls of both feet (starting pivot with weight to ball of left foot and transferring weight to ball of right foot at end of pivot turn) (now facing 9:00 o'clock)

FORWARD HEEL STRUTS

- 27 Step left heel forward (do not put toe/ball down)
28 Set left toe/ball down (without lifting left heel off floor)
29 Step right heel forward (do not put toe/ball down)
30 Set right toe/ball down (without lifting right heel off floor)
31 Step left heel forward (do not put toe/ball down)
32 Set left toe/ball down (without lifting left heel off floor)

REPEAT
