

No Way Out

拍數: 36 牆數: 4 級數: Intermediate
編舞者: Oli Geir (ICE)
音樂: No Me Queda Mas - Selena



STEP BACK, BACK ROCK, RIGHT LOCK STEP FORWARD, STEP, PIVOT ½ TURN RIGHT, ¼ TURN RIGHT, ½ TURN RIGHT, CROSS STEP

- 1 Step back on left
- 2-3 Rock back on right, rock forward on left
- 4&5 Step forward on right, lock step left behind right, step forward on right
- 6-7 Step forward on left, pivot ½ turn right (6:00)
- 8& Turn ¼ turn right stepping left to left side, turn ½ turn right stepping right to right side
- 1 Cross step left over right (facing 3:00)

SIDE ROCK, BEHIND, SIDE, STEP FORWARD, STEP, PIVOT ½ TURN RIGHT, SPIRAL FULL TURN RIGHT

- 2-3 Rock right to right side swaying hips right, recover weight on left swaying hips left
- 4&5 Cross right behind left, step left to left side, step forward on right
- 6-7 Step forward on left, pivot ½ turn right (9:00)
- 8 Step forward on left making full turn right on ball of left, ending with right in front of left (facing 9:00)

STEP FORWARD, FORWARD ROCK, ½ TURN LEFT, RONDE ¼ TURN LEFT, KICK-BALL-CROSS, RIGHT SCISSOR STEP

- 1 Step forward on right
- 2-3 Rock forward on left, rock back on right
- 4 Turn ½ turn left stepping forward on left (3:00)
- 5 Sweep right out and around from back to front turning ¼ turn left
- 6&7 Flick/kick right across left, step ball of right to right side, cross step left over right
- 8&1 Step right to right side, close left beside right, cross step right over left (facing 12:00)

SIDE STEP, TOGETHER, CHASSE ¼ TURN LEFT, STEP, PIVOT ¾ TURN LEFT, CHASSE ¼ TURN RIGHT

- 2-3 Step left to left side, close right beside left
- 4&5 Step left to left side, close right beside left, turn ¼ turn left stepping forward on left (9:00)
- 6-7 Step forward on right, pivot ¾ turn left (weight on left) (12:00)
- 8&1 Step right to right side, close left beside right, turn ¼ turn right stepping forward on right (facing 3:00)

STEP, PIVOT ½ TURN RIGHT, ½ TURN RIGHT, LOCK STEP

- 2-3 Step forward on left, pivot ½ turn right (9:00)
- 4& Turn ½ turn right on ball of right stepping back on left, lock step right across left (facing 3:00)

REPEAT