

No Worries

拍數: 32 牆數: 4 級數: Intermediate social cha
編舞者: Anne Hewitt (UK)
音樂: No Worries - Simon Webbe



SWAY, SWAY, SAILOR STEP, ¼ SAILOR TURN, STEP TURN

1-2 Step right to right side sway hips to right, step left to left side sway hips left
3&4 Step right behind left, step left to left side, step right to right side
5&6 Take ¼ turn left stepping back on left, step right to right side, step left to left side
7-8 Step forward on right, pivot ½ turn left. (you are now facing 3.o clock)

CROSS BACK BACK, CROSS BACK BACK, ROCK RECOVER, ¼ TURN HEEL STEP, HEEL STEP

1&2 Step right across left, step back on left, step right to right side. (moving back slightly)
3&4 Repeat above steps starting with left (moving back slightly)
5-6 Rock forward on right, recover on to left
7&&8 Take a ¼ turn right stepping right heel to right side, step ball of left next to right (&) step right heel to right side, step ball of left next to right (6:00)

ROCK RECOVER, ½ TURN SHUFFLE FORWARD, ROCK RECOVER, LEFT SIDE SHUFFLE

1-2 Rock forward on right, recover on to left
3&4 Take sharp ½ turn right shuffling forward right, left, right
5-6 Rock forward on left, recover on to right
7&8 Side shuffle to left, left, right, left (12:00)

¼ TURN SHUFFLE, ½ TURN SHUFFLE, ¼ STEP BALL, ¼ STEP BALL, ¼ STEP BALL ¼ STEP BALL

1&2 Take a ¼ right, shuffling forward right, left, right
3&4 Take a ½ left shuffling forward left, right, left,
5& Complete a full circle right, turn starting ¼ right, stepping right forward, step ball of left next to right heel
6&7&&8 Repeat three more times ending with the ball of the left stepped next to right (9:00)

REPEAT

Whenever Simon sings "turn the other way", just turn your head. This hits on steps 1&23&4 of the last section when you change direction with the shuffles.

Styling options, raise both arms elbows bent on the heel step heels and the circular turn at the end