

Say No More

拍數: 32 牆數: 2 級數: Improver
編舞者: Anette C. Holtet (NOR)
音樂: Say No More - Clay Walker



2nd place in Norwegian Country Western Dance Championship 2003

JUMP SPREADING LEGS, JUMP TOGETHER, TOUCH, SWEEP WITH ½ TURN RIGHT, MAMBO

&1-2 Step right to right, step left to left, hold
&3-4 Step right back to center, step left back to center, hold
5-6 Touch right toe in front, turn and sweep ½ turn right (6:00)
7&8 Step right to right, step back on left, touch right toe next to left

Hand movements:

&1 Cross arms and put palm of your hands on your shoulders
2 Hold
&3 Put left arm around your waist and right around your back
4 Hold

MAMBO, ROCK STEP, SHUFFLE WITH LOCK, ROCK STEP

1&2 Step left to left, step back on right, step left next to right
3-4 Rock back on right, recover on left
5&6 Step forward on right, lock left behind right, step forward on right
7-8 Rock forward on left, recover on right

LEFT CHASSE, STEP ¼ TURN, STEP ¼ TURN, DIAGONAL STEP, SLIDE WITH FINGER SNAP

1&2 Step left to left, step right next to left, step left to left
3-4 Step right forward, turn ¼ to left (3:00)
5-6 Step right forward, turn ¼ to left (12:00)
7-8 Step right diagonal to right, slide left next to right

Hand movements:

7 Prepare finger snapping with crossing arms in front of body
8 Raise arms in shoulder height and snap fingers

DIAGONAL STEP, SLIDE WITH FINGER SNAP, TOUCH HIP BUMPS, TOUCH, HIP BUMPS, ½ TURNING SHUFFLE

1-2 Step left diagonal to left, slide right next to left
3&4 Touch right toe forward and bump hip to right, left, right
5&6 Touch left toe forward and bump hip to left, right, left (keeping weight on right foot)
7&8 Step left with ¼ turn to left (9:00), step right together, step left with ¼ turn to left (6:00)

Hand movements:

1 Prepare finger snapping with crossing arms in front of body
2 Raise arms in shoulder height and snap fingers

REPEAT