

Still No News

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Gill Knight (UK)
音樂: No News - Magill



KICK BALL CHANGE, CROSS SHUFFLE, HEEL & TOE TOUCHES

1&2 Kick right foot forward, step ball of right, step left in place
3&4 Cross right over left, step side left, cross right over left
5&6& Touch left toe side, close left to right, touch right toe side, close right to left
7&8 Touch left heel forward, close left to right, touch right toe beside left

RIGHT & LEFT LOCK FORWARD, CHECK STEPS & ½ TURN RIGHT & LEFT

9&10 Step forward right, cross left behind right, step forward right
11&12 Step forward left, cross right behind left, step forward left
13&14 Check step forward right, replace weight onto left starting to turn right, step forward right making ½ turn right
15&16 Check step forward left, replace weight onto right starting to turn left, step forward left making ½ turn left

STEP FORWARD & SPIRAL FULL TURN LEFT, RONDE, LEFT SAILOR STEP, KICK & TOUCH

17 Step forward on right foot starting to turn left
18-20 Turn full turn left leaving left foot crossed loosely in front of right, ronde left leg
21&22 Cross left behind right, step right ball side, replace weight onto left
23&24 Kick right foot forward, step right beside left, touch left to side

CROSS LEFT SIDE REPLACE, CROSS RIGHT SIDE REPLACE, SAILOR SPIN, KICK BALL CHANGE

25&26 Cross step left over right 1/8 turn right, step right ball side making 1/8 turn left, replace weight onto left making 1/8 turn left
27&28 Cross step right over left, step left ball side making 1/8 turn right, replace weight onto right making 1/8 turn right
29&30 Make 1/8 turn left, continue turning left step forward left, continue turning step side ball of right, step left in place having made ¾ turn left over the three steps
31&32 Kick right foot forward, step ball of right, step left in place

Steps 17 to 20 can be replace with step forward right, touch left beside right, ronde left leg

REPEAT