

# No More Running Around

COPPER KNOB  
STEPPERS

拍數: 40      牆數: 4      級數: Improver  
編舞者: Leonard Hage (NL) - September 2006  
音樂: No More Running Around - Pinchitos Caliente



Intro: 80 Counts.

## MAMBO FORWARD, MAMBO BACK, STEP, 1/2 PIVOT, FORWARD SHUFFLE

1&2      Rock forward on Left, & Recover on Right, Step Left next to Right  
3&4      Rock back on Right, & Recover on Left, Step Right next to Left  
5 - 6      Step forward on Left, 1/2 Pivot right (6 O' Clock)  
7&8      Step forward on Left, & Step Right next to Left, Step forward on Left

## MAMBO FORWARD, MAMBO BACK, 1/2 PIVOT, FORWARD SHUFFLE

9&10      Rock forward on Right, & Recover on Left, Step Right next to Left  
11&12      Rock back on Left, & Recover on Right, Step Left next to Right  
13-14      Step forward on Right, 1/2 Pivot left (12 O'Clock)  
15&16      Step forward on Right, & Step Left next to Right, Step forward on Right

## STEP, 1/4 PIVOT, CROSS SHUFFLE, 1/4 TURN, 1/4 TURN, CROSS-ROCK

17-18      Step forward on Left, 1/4 Pivot right (3 O'Clock)  
19&20      Cross-step Left over Right, & Step to right on Right, Cross-step Left over Right  
21 - 22      Turn 1/4 left stepping back onto Right, 1/4 Turn left stepping to left on Left (9 O'Clock)  
23&24      Cross-rock Right over Left, & Recover weight onto Left, Step Right to right

## SWEEP WITH 1/2 TURN, TOUCH, CHASSE LEFT, SAILOR STEP, BEHIND, 1/4 TURN, STEP

25 - 26      Sweep/Swing 1/2 turn right with Left from back to front, Touch Left beside Right (9 O'Clock)  
27&28      Step Left to left, & Close Right beside Left, Step Left to left  
29&30      Cross Right behind Left, & Step Left to left, Step Right in place  
31&32      Cross Left behind Right, & Step Right to right making 1/4 turn left, Step forward on Left (12 O'Clock)

## WALK,WALK, STEP, 1/4 PIVOT, CROSS, HIP SWAYS, SIDE-ROCK, TOUCH

33 - 34      Step forward on Right, Step forward on Left  
35&36      Step forward on Right, & Pivot 1/4 left, Cross Right over Left (9O'Clock)  
37- 38      Small step to left on Left swaying hips left, right  
39&40      Rock to left on Left, & Recover weight onto Right, Touch Left beside Right

Begin again.

## FINALE: During last (8th) wall, section 2 dance up to count 16 then add the following steps

1-4      Small step to left on Left swaying hips Left, Right, Left, Right  
5&6      Step forward on Left, & Lock Right behind Left, Step forward on Left  
7&8      Step forward on Right, & Lock Left behind Right, Step forward on Right  
9&10      Cross rock Left over Right, & Recover onto Right, Step Left to left  
11&12      Cross rock Right over Left, & Recover onto Left, Step Right to right  
13 - 16      Cross Left over Right and unwind 314 right over 3 counts to finish facing front