

No Longer

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Rosalie Mackay (AUS) - December 2007
音樂: Can't Work No Longer - The Flood Track : (Album: Everybody's Favourite, Also available on Gone Country Dance Hits No.128 - 3:34)



Start on Vocals

BACK ROCK, SHUFFLE FWD, BACK ROCK, SHUFFLE FWD

1,2,3&4 Rock R back at 45°R, Replace Weight on L, Shuffle fwd R,L,R (Little shuffle)
5,6,7&8 Rock L back at 45°L, Replace weight on R, Shuffle fwd L,R,L (Little Shuffle)

FWD SAMBAS RIGHT & LEFT, PIVOT ½ TURN, SHUFFLE FWD

1&2 Cross R over L, Step L to L side, Step R in place
3&4 Cross L over R, Step R to R side, Step L in place
5,6,7&8 Step R fwd, Pivot ½ turn L weight on L, Shuffle fwd R,L,R (6.00)

PIVOT ¼ TURN, PIVOT ½ TURN, TWO LEFT KICK BALL CHANGES

1,2,3,4 Step L fwd, Pivot ¼ turn R weight on R, Step L fwd, Pivot ½ turn R weight on R
5&6 Kick L fwd, Step ball of L beside R, Step R in place
7&8 Kick L fwd, Step ball of L beside R, Step R in place (3.00)

MAKE ¼ TURN, HOLD, ¼ TURN SIDE ROCK, 1 & ½ ROLL, SIDE SHUFFLE**

1,2,3,4 ¼ Turn L step L fwd, Hold, ¼ Turn L rock R to R side(9.00), Replace weight on L
5,6 ½ Turn R step R to R side, ½ Turn R step L to L side, (9.00)
7&8* * # ½ Turn R and side shuffle R, L, R, (3.00) ** #

CROSS ROCK, DIAGONAL SHUFFLE LEFT AND RIGHT

1,2 3&4 Cross/rock L over R, Replace weight on R, Shuffle fwd to R diagonal L,R,L
5,6,7&8 Cross/rock R over L, Replace weight on L, Shuffle fwd to L diagonal R,L,R

FWD ROCK, ¾ TURN, CROSS, SIDE BEHIND & CROSS

1,2 3&4 Rock fwd on R. Rock back on L, ¾ Turn stepping L,R,L (6.00)
5,6,7&8 Cross R over L, Step L to L side, Step R behind L, Step L to L side, Cross R over L

SIDE ROCK ¼ TURN, SHUFFLE FWD, FULL TURN, STEP ½ TURN

1,2,3,4 Rock L to L side, ¼ Turn R replace weight on R, Shuffle fwd L,R,L (9.00)
5,6,7,8 ½ Turn L step R back, ½ Turn L step L fwd, Step R fwd, ½ Turn L keep weight on R (3.00)

COASTER STEP, HEEL SWITCH Right, Left, DOUBLE HEEL, DOUBLE HEEL &

1&2 Step L back, Step R beside L, Step L fwd,
3&4 Touch R heel fwd, Step R beside L, Touch L heel fwd
&5,6&7,8 Step L beside R, Touch R heel fwd twice, Step R beside L, Touch L heel fwd twice
& Step L beside R (3.00)

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One Restart: ** 3rd Wall after 32 counts you will be facing (9.00)

Add an (&) count to place weight on Left and restart dance

One Bridge: # 7th (Last wall) after 32, facing (9.00) for the next 16 counts do

1,2,3,4 Stomp L over R, Hold for 3 counts
5,6,7,8 Slap your left hand across, & back on your left thigh, Clap and Click fingers up and out
1---- 8 Repeat on Right ~ Continue dancing. Turn to the front on count 56 finish with the coaster

