

No More, No More

拍數: 64 牆數: 4 級數: Improver
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音樂: I'm Yours - Jason Mraz



Intro: 8 x 8 (25 seconds)

Set 1: Quarter Toe Strut, Toe Strut, Back Rock, Kick Step

- 1-2 Tap Right toe forward, ¼ turn right stepping RF next to LF (3:00)
- 3-4 Tap Left toe forward, step LF next to RF
- 5-6 Rock RF back, recover on LF
- 7-8 Low kick RF forward, Step RF slightly forward

Set 2: Slow Walks Completing A ¼ Turn Right

- 1-2 Step left forward, hold
- 3-4 ¼ turn right by stepping RF forward, hold (6:00)
- 5-6 ¼ turn right by stepping LF forward, hold (9:00)
- 7-8 ¼ turn right by stepping RF forward, hold (12:00)

Set 3: Charleston Steps, ¼ Turn Left

- 1-2 Step LF forward, hold
- 3-4 Point RF forward, hold
- 5-6 Step RF back, hold
- 7-8 Point LF back, ¼ turn left shifting weight to LF (9:00)

Set 4: Vine Right, Point Touch X2

- 1-2 Step RF to right side, step LF behind RF
- 3-4 Step RF to right side, touch LF next to RF
- 5-6 Point LF to left side, touch LF next to LF
- 7-8 Point LF to left side, touch LF next to LF

Set 5: Quarter Hold, Half Hold, Coaster Step, Hold

- 1-2 ¼ turn left stepping LF forward, hold (6:00)
- 3-4 ½ turn left stepping RF back, hold (12:00)
- 5-6 Step LF back, Step RF next to LF
- 7-8 Step LF forward, hold

Set 6: Quarter Sailor Scuff, Quarter Sailor Scuff

- 1-2 ¼ turn left stepping RF to right side, step LF behind RF (9:00)
- 3-4 Step RF next to LF, scuff LF next to RF
- 5-6 ¼ turn left stepping LF forward, step RF behind LF
- 7-8 Stepping LF slightly forward, scuff RF next to LF (6:00)

Set 7: Right Forward Lock Scuff, Left Forward Lock Scuff

- 1-2 Step RF forward, Lock LF behind RF
- 3-4 Step RF forward, scuff LF next to RF
- 5-6 Step LF forward, Lock RF behind LF
- 7-8 Step LF forward, scuff RF next to LF

Set 8: Quarter Toe Struts Jazz Box, Side Hold, Forward Hold

- 1-2 Tap right toe across LF, Right heel down
- 3-4 ¼ turn right tapping left toe back, Left heel down (9:00)

5-6 Step RF to the right, hold
7-8 Step LF forward, hold

REPEAT and MAKE IT FUN!

RESTART: On wall 4 (when you start at 3:00), dance until count 7 (the low kick), hold your kick on count 8, and then restart the dance. You should be facing 6:00.

Note: You may also dance to the Radio Edit version (intro 4x8) but the dance will end facing the back wall and there are no beats during wall 4 (restart).
