

No Turning Back

拍數: 32 牆數: 2 級數: Improver
編舞者: Stacy Drye (UK) - October 2008
音樂: No Turning Back - H & Claire



Intro: 16

Alt. Music: 'A Friend in Need' by Dave Sheriff: album 'Overworked and Underpaid'(125 bpm).

Side Rock, Behind Side Cross, Side Rock With ¼ Turn, Coaster Step

1-2 Rock right out to right side, replace on left (option: sway hips)
3&4 Cross right behind left, step left to side, cross right over left
5-6 Rock left to side, replace onto right making a ¼ turn left stepping right foot back (9:00)
7&8 Step left foot back, step right beside left, step forward left

Right Pivot Step ½ Turn, Right Shuffle Forward, Heel Grind, Coaster Step

1-2 Step right forward, pivot ½ turn left (weight on left) (3:00)
3&4 Step right forward, close left behind right, step right forward
5-6 Rock left forward heel arcing left toe from right to left, recover onto right

Option: rock left forward, recover onto right

7&8 Step left back, step right beside left, step left forward

Pivot ¼ Left, Right Cross Shuffle, Side Rock, Left Cross Shuffle

1-2 Step right forward, pivot ¼ turn left onto left (facing slightly diagonal of 12:00)
3&4 Cross right over left, step left to side, cross right over left
5-6 Step left to side, replace on right (facing slightly diagonal of 12:00)
7&8 Cross left over right, step right to side, cross left over right

Two x ¼ turns, step forward, left touch & click, coaster step, heel ball cross

1 Turning ¼ left stepping right back (9:00)
2 Turning ¼ left stepping left forward (6:00)
3 Step right forward
4 Touch left beside right, click fingers (or whatever you like!)
5&6 Step left back, step right beside left, step left forward
7&8 Touch right heel (slightly to the side), step onto ball of right, cross left over right

Repeat