

No Salvation

拍數: 64 牆數: 4 級數: Phrased Intermediate / Advanced
編舞者: Scott Blevins (USA) - January 2010
音樂: Teeth - Lady Gaga : (CD: The Fame Monster)



Sequence: A-A-B-A-A-B-16 of A Restart-A-B-A-B.

*NOTE: If starting Section A following Section A, turn 3/8 left at counts “&1” to move to your new wall. This replaces

the 1/8 turn described in Section A below.

If starting Section A following Section B, you are already at your new wall so turn the 1/8 left at counts “&1” as described in Section A below.

32 count intro.

Section A:

(1 – 8)

&1-2 &) Turn 1/8* left [11:00] stepping side R; 1) Step L next to R; 2) Step R across L
3&4 3) Turn 1/4 right [1:00] stepping back L; &) Turn 1/2 right [7:00] stepping forward R; 4) Step forward L
&5-6-7 &) Step forward on ball of R; 5) Step L next to R; 6-7) Funky walk small steps back R, L
8& 8) Turn 1/2 right [1:00] stepping forward R; &) Turn 1/2 right [7:00] stepping L next to R

(9 -16)

1-2&3 1) Step forward R; 2&3) Triple step forward L, R, L
4&5 4) Step forward R; &) Pivoting 1/4 left, recover weight to L [5:00]; 5) Step R across L
6&7 6) Turn 1/4 right [7:00] stepping back L; &) Turn 3/8 right [12:00] stepping R to right side; 7) Rock L across R [12:00]
8 8) Recover weight to R

(17-24)

1 1) Step side L [12:00]
&2&3 &) Step R across L; 2) Turn 1/4 right [3:00] stepping back L; &) Turn 1/2 right [9:00] stepping forward R; 3) Step forward L
4-5 4-5) Walk forward with “attitude” R, L
6&7 6) Rock forward R; &) Recover back on L starting 1/4 turn right; 7) Finish 1/4 turn right [12:00] stepping side R
8 8) Step L across R

(25-32)

1 1) Step side R
&2& &) Step L behind R; 2) Step R side right; &) Step L across R
3-4 3) Step side right onto ball of R pushing hip to right; 4) Return hip and weight to L opening body slightly right to prep for next turn
5&6 5) Turn 1/2 right [6:00] stepping forward R; &) Turn 1/2 right stepping L next to [12:00]; 6) Step forward R
7&8 7&8) Triple step forward L, R, L

Section B

Note: The wall where you just ended Section A is your new 12:00 reference wall for Section B.

(1-8)

&1-2 &) Turning 1/4 left step side R; 1) Step L next to R; 2) Step R across L
3-4 3) Turn 1/4 right [12:00] stepping back L; 4) Step back R
5&6 “L Coaster”: 5) Step back on ball of L; &) Step R next to L; 6) Step forward L
7&8 7&8) Triple step forward R, L, R [12:00]

(9-16)

- &1-2 &) Turn 1/4 right [3:00] stepping side L; 1) Step R next to L; 2) Step L across R
3-4 3) Turn 1/4 left [12:00] stepping back R; 4) Turn 1/2 left [6:00] stepping forward L
5&6 5) Step forward R; &) Turning 1/4 right [9:00] point L to side; 6) Hold
&7-8 &) Turn 1/4 right stepping L next to R; 7) Touch R forward; 8) Hold [12:00]

(17-24)

- &1-2-3 &) Step ball of R next to L; 1) Step forward L; 2) Rock forward R; 3) Recover weight back on L
&4&5 &) Step back on ball of R; 4) Step L next to R; &) Small step forward R; 5) Small step forward L
6-7 6) Rock forward on R; 7) Recover weight back on L
&8 &) Step back on ball of R; 8) Step L next to R [12:00]

(25-32)

- &1 &) Small step forward R; 1) Small step forward L
2-3 2) Rock forward on R; 3) Recover weight back on L
4& 4) Turn 1/2 right stepping forward R; &) Turn 1/2 right stepping L next to R [12:00]
5&6 "Out-Out": 5) Step slightly back and side R; &) Step side L so feet are shoulder width apart;
6) Hold
&7-8 &) Turning 1/4 left [9:00] step R side right; 7) Step L across R; 8) Hold

Restart:

After dancing AABAAB, you'll do the first 16 counts of Section A, then "restart" at top of Section A replacing the first 2 counts as follows: 1) Turning 1/8 left step side L; 2) Step R across L – and then continue through the rest of Section A at counts 3&4 as written above, followed by BAB. Restart happens on original starting wall.
