

No Tomorrow

拍數: 32 牆數: 4 級數: Ultra Beginner
編舞者: Knox Rhine (USA) - January 2011
音樂: Dance Like There's No Tomorrow - Paula Abdul



Alt. Music: Travelin' Music/ Dennis Robbins (114 bpm)

HEEL, HEEL, TOE, TOE, HEEL, HOOK, HEEL, TOUCH BACK

- 1 Tap RIGHT heel forward
- 2 Tap RIGHT heel forward
- 3 Tap RIGHT toe back
- 4 Tap RIGHT toe back
- 5 Tap RIGHT heel forward
- 6 Hook RIGHT Foot up across left shine
- 7 Tap RIGHT heel forward
- 8 Touch RIGHT toe back

STEP, HITCH, BACK, TOUCH, SIDE, BEHIND, SIDE, SCUFF

- 9 Step RIGHT foot forward
- 10 Hitch up LEFT knee
- 11 Step LEFT foot back
- 12 Touch RIGHT toe back
- 13 Step RIGHT foot to right side
- 14 Step LEFT foot across behind right leg
- 15 Step RIGHT foot to right side
- 16 Scuff LEFT heel forward

HEEL, HEEL, TOE, TOE, HEEL, HOOK, HEEL, TOUCH BACK

- 17 Tap LEFT heel forward
- 18 Tap LEFT heel forward
- 19 Tap LEFT toe back
- 20 Tap LEFT toe back
- 21 Tap LEFT heel forward
- 22 Hook LEFT foot up across right shin
- 23 Tap LET heel forward
- 24 Step LEFT foot back

STEP, HITCH, BACK, TOUCH, SIDE, BEHIND, 1/4 TURN, SCUFF

- 25 Step LEFT foot forward
- 26 Hitch up RIGHT knee
- 27 Step RIGHT foot back
- 28 Touch LEFT toe back
- 29 Step LEFT foot to left side
- 30 Step RIGHT foot across behind left leg
- 31 Step LEFT foot 1/4 turn left
- 32 Scuff RIGHT heel forward

Note: A kick may be used in place of the hitch, counts 10 & 26, if it feels better to you.