

No News

拍數: 32 牆數: 2 級數: Improver
編舞者: Unknown - July 2011
音樂: No News - Lonestar



16 Count Intro

STOMP, HOLD, HEEL SWITCHES, HOLD, HEEL SWITCHES

1-2 Stomp right foot forward (weight on right), hold and clap
3&4 Left heel forward, step left next to right, heel right forward
&5-6 Step right next to left, left heel forward, hold and clap
&7& Step left next to right, heel right forward, right next to left
8& Left heel forward, Step left next to right

ROCK FORWARD, RECOVER, 1/4 TURN SIDE TRIPLE, 1/2 TURN SIDE TRIPLE, 1/2 SIDE ROCK, 1/2 TURN

1-2 Step forward right foot, recover on left
3&4 1/4 Turn right doing side triple, right to right side, left together, right to right side
5&6 1/2 Turn left doing side triple, left to left side, right together, left to left side
7-8 1/2 Right in a rock step, recover on left doing a 1/2 turn left, weight on left foot

1/2 TURN PIVOT, HOLD, SLIGHT HOP RIGHT 1 1/4 TURN LEFT

1-2 Step on right foot to right side, hold
&3-4 Step left next to right, slight hop right with a large step on right foot, touch left next to right
5-6 1/4 Turn left step on left, 1/2 turn left stepping back on right,
7-8 1/2 turn left stepping forward on left, touch right next to left

HOP FORWARD, HOLD, HOP BACK, HOLD, 4 WALKING STOMPS

&1-2 Step forward on right, step left next to right, hold
&3-4 Step back on right, step left next to right, hold
5-6 Walk forward 2 stomps, right, left,
7-8 Walk forward 2 stomps, right, left,

REPEAT
