

# No Smoke

拍數: 64                      牆數: 4                      級數: Beginner  
編舞者: Sue Hutchison (UK) - January 2012  
音樂: No Smoke - Michelle Lawson



**Intro – 32 counts from heavy beat (23 secs)**

**Section 1: R & L DIAGONAL STEP TOGETHER STEP TOUCH**

1 – 4                      facing R diagonal step fwd R, close L beside R, step fwd R, tch L beside R  
5 – 8                      facing L diagonal step fwd L, close R beside L, step fwd L, tch R beside L

**Section 2: BACKWARDS SWEEPS X 3, BACK ROCK RECOVER**

1 – 4                      sweep R leg out , step R behind L, sweep L leg out, step L behind R  
5 - 8                      sweep R leg out, step R behind L, rock back onto L, recover weight fwd onto R

**Section 3: L & R DIAGONAL STEP TOGETHER STEP TOUCH X2**

1 – 4                      facing L diagonal step fwd L, close R beside L, step fwd L, tch R beside L  
5 – 8                      facing R diagonal step fwd R, close L beside R, step fwd R, tch L beside R

**Section 4: BACKWARDS SWEEPS X 3, BACK ROCK RECOVER**

1 – 4                      sweep L leg out, step L behind R, sweep R leg out, step R behind L  
5 – 8                      sweep L leg out, step L behind R, rock back onto R, recover weight fwd onto L

**Section 5: TOE STRUT JAZZ BOX ¼ TURN R**

1 - 4                      cross R toe over L, bring R heel down, making ¼ turn R step L toe back, bring L toe down  
5 - 8                      step R toe to R side, bring R heel down, step L toe in place, bring L heel down

**Section 6: SIDE TOUCHES X 2, HIP BUMPS X 4**

1 - 4                      step R to R side, tch L beside R, step L to L side, tch R beside L  
5 - 8                      bump hips R, L, R, L

**Section 7: TOE STRUT JAZZ BOX ¼ TURN R**

1 - 8                      repeat section 5 as above

**Section 8: SIDE TOE POINTS, MONTEREY ¼ R**

1 - 4                      tch R toe to R side, step R in place, tch L toe to L side, step L in place  
5 - 6                      tch R toe to R side, swivelling on L foot make ¼ turn R & step R in place  
7 - 8                      tch L toe to L side, step L in place

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