

No Bla Bla

拍數: 64 牆數: 2 級數: Intermediate
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音樂: Tacatà - Tacabro : (iTunes)



Count in: dance begins after 32 counts - The dance is really easy!

Section 1: [1 – 8] Point, Point, ¼ Sailor Turn R, Point, Point, ½ Sailor Turn L

1, 2 point right toe forward, point right toe side right
3 & 4 step right foot behind left foot, turn ¼ right and step on left, step right foot slightly forward (3.00)
5, 6 point left toe forward, point left toe side left
7 & 8 step left foot behind right foot, ½ turn left and step on right foot, step left foot slightly forward(9.00)

Section 2: [9 – 16] ½ Shuffle Turn L, ½ Shuffle Turn L, Drag Side, Coaster Step 1/8 L

9 & 10 step right foot right (6.00), step left foot next right foot, step right foot back (3.00)
11 & 12 step left foot left (12.00), step right foot next left foot, step left foot forward (9.00)
13 big side step with right foot make a ¼ turn l (6.00)
14 slide left foot next right foot
15 & 16 step left foot back, step right foot next left foot, step left foot forward make a 1/8 turn left (4.30)

At the 5th rotation add here tag 2 (to the front wall) and restart

Section 3: [17 – 24] 4 Walks To The Corner, ½ Shuffle Turn L, Rock Back

17, 18 step right foot forward, step left foot forward – (4.30)
19, 20 step right foot forward, step left foot forward – (4.30)
21 & 22 step right foot right (1.30), step left foot next right foot, step right foot back (10.30)
23, 24 left foot back, weight on right foot forward (12.00)

Note: dance the steps to the corner of the room

Section 4: [25 – 32] Side, Cross, ¼ Turn L, ½ Turn L, ¼ Shuffle L, Coaster Step 1/8 R

25, 26 step left foot left, cross right foot behind left foot
27, 28 step left foot forward (9.00), step left foot back (3.00)
29 & 30 step left foot left (12.00), step right foot next left foot, step left foot left
31 & 32 step right foot back, step left foot next right foot, step right foot forward make a 1/8 turn right (1.30)

Section 5: [33 – 40] 4 Walks To The Corner, ½ Shuffle Turn R, Rock Back

33, 34 step left foot forward, step right foot forward – (1.30)
35, 36 step left foot forward, step right foot forward – (1.30)
37 & 38 step left side left (4.30), step right foot next left foot, step left foot back (7.30)
39, 40 step right foot back, weight on left foot forward (6.00)

Note: dance the steps to the corner of the room

Section 6: [41 – 48] Side, Cross, ¼ Turn R, ½ Turn R, ¼ Shuffle R, Coaster Step

42, 42 step right foot right, cross left foot behind right foot
43, 44 step right foot forward (9.00), step left foot back (3.00)
45 & 46 step right foot right (6.00), step left foot next right foot, step right foot right
47 & 48 step left foot back, step right foot next left foot, step left foot forward (6.00)

Section 7: [49 – 56] Rock Forward, Triple Step In Place, Rock Forward, Triple Step In Place

49, 50 step right foot forward, weight on left foot back

- 51 & 52 step right foot next left foot, step left foot in place, step right foot in place and clap 3 times (6.00)
- 53, 54 step left foot forward, weight on right foot back
- 55, 56 step left foot next right foot, step right foot in place, step left foot in place and clap 3 times (6.00)

Section 8: [57 – 64] Step Turn ¼ L 2x, Step Turn ½ L, Out, Out, Clap

- 57, 58 step right foot forward, ¼ turn left an step on left (3.00)
- 59, 60 step right foot forward, ¼ turn left an step on left (12.00)
- 61, 62 step right foot forward, 1/2 turn left an step on left (6.00)
- & 63 step right foot slightly forward, step left foot slightly forward – feet apart – weight on left
- 64 hold and clap

Restart

Tag 1: Add tag 1 after the 1st rotation (back wall) and add tag 1 after the 6th rotation (front wall)

Section 1: [1 – 8] 2 walks, kick ball changes, 2 walks, kick ball change

- 1, 2 step right foot forward, step left foot forward
- 3 & 4 kick right foot forward, step right foot next left foot, step on left foot
- 5, 6 step right foot forward, step left foot forward
- 7 & 8 kick right foot forward, step right foot next left foot, step on left foot

Section 2: [9 – 16] Heel jacks

- & 9 step right foot back, touch left heel left forward
- & 10 step on left foot, cross right foot over left foot
- & 11 step left foot back, touch right heel right forward
- & 12 step on right foot, cross left foot over right foot
- & 13 step right foot back, touch left heel left forward
- & 14 step on left foot, cross right foot over left foot
- & 15 step left foot back, touch right heel right forward
- & 16 step on right foot, cross left foot over right foot

Tag 2: Add tag 2 after count 16 at the 5th rotation and restart the dance

Section 1: [1 – 4] out, out, 3 claps

- 1 step right foot slightly right
- 2 step left foot slightly left
- 3 & 4 clap 3 times

The dance ends on count 32 (rock back 12.00) to the front wall

Dance ... if you can !

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