

No Communication

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Ryan Hunt (UK) - November 2012
音樂: No Communication - Delta Goodrem : (4:01)



Intro: 32 counts (18 Seconds)

S1: L VAUDEVILLE, R VAUDEVILLE, BALL CROSS, ROCK FORWARD, RECOVER, COASTER STEP

1&2& Cross L over R, Step R to R side, Dig L heel to L diagonal, Step L next to R

3&4 Cross R over L, Step L to L side, Dig R heel to R diagonal

Note: Travel slightly forward as you dance counts 1-4

&5 Step R next to L, Cross L over R

6-7 As you turn to face 1.30 rock forward on R, Recover back on L

8&1 Step back on R, Close L next to R, Step forward on R (1.30)

S2: FULL TURN FORWARD, SHUFFLE, PRESS RECOVER, & ROCK BACK, RECOVER

2-3 Make ½ turn R stepping back on L (7.30), Make ½ turn R stepping forward on R (1.30)

4&5 Step forward on L, Close R next to L, Press forward on L

Note: On the L press (5) try to bend the L knee and dip down

6& Recover back on R, Step back on L

7-8 Rock back on R, Recover forward on L (1.30)

S3: 1/8 SIDE, ROCK BACK, SIDE, ROCK BACK, ¼ FORWARD, STEP ½ PIVOT, STEP FORWARD

1-2& Make 1/8 turn L as you step R to R side (12.00), Rock L behind R, Recover on R

3-4& Step L to L side, Rock R behind L, Recover on L

5 Make ¼ turn R stepping forward on R (3.00)

6-7-8 Step forward on L, Pivot ½ turn R taking weight on R (9.00) [**], Step forward on L

S4: STEP SPIRAL, EXTENDED SHUFFLE FORWARD, ROCK FORWARD, RECOVER, & TOUCH, UNWIND ¼ TURN

1 Step forward on R foot as you spiral a full turn over the L shoulder hooking L foot across R shin (9.00)

2&3&4 Step forward on L, Close R next to L, Step forward on L, Close R next to L, Step forward on L

5-6 Rock forward on R, Recover back on L

&7-8 Step back on R, Touch L toes back, Unwind ¼ turn L taking weight on L (6.00)

S5: CROSS SAMBA, CROSS SAMBA, CROSS ROCK, SIDE ROCK, CROSS ROCK, ¼ FORWARD

1&2 Cross R over L, Rock L to L side, Recover on R

3&4 Cross L over R, Rock R to R side, Recover on L

Note: Travel slightly forward as you dance counts 1-4

5&6& Cross Rock R over L, Recover on L, Rock R to R side, Recover on L

7&8 Cross Rock R over L, Recover on L, Make ¼ turn R stepping forward on R (9.00)

S6: STEP PIVOT ½ TURN, TRIPLE ¾ CROSS, SIDE ROCK, RECOVER, SAILOR ½ TURN

1-2 Step forward on L, Make ½ turn R as you take weight on R (3.00)

3&4 Make ½ turn R stepping back on L (9.00), Make ¼ turn R stepping R to R side (12.00), Cross L over R

5-6 Rock R to R side, Recover on L

7&8 Cross R behind L, Make ½ turn R stepping L next to R (6.00), Step forward on R [*]

S7: SAMBA ROLLING TURN FORWARD, MAMBO FORWARD, MAMBO BACK

1&2 Step forward on L, Make ½ turn L stepping back on R (12.00), Step back on L

3&4 Step back on R, Make ½ turn L stepping forward on L (6.00), Step forward on R

5&6 Rock forward on L, Recover back on R, Step back on L
7&8 Rock back on R, Recover forward on L, Step forward on R

S8 STEP FORWARD, ½ TURN, ¼ SIDE TOGETHER ¼, STEP FORWARD, ½ TURN, SHUFFLE FORWARD

1-2 Step forward on L, Make ½ turn R taking weight on R (12.00)

3&4 Make ¼ turn R stepping L to L side (3.00), Close R next to L, Make ¼ turn L stepping forward on L (12.00)

5-6 Step forward on R, Make ½ turn L taking weight on L (6.00)

7&8 Step forward on R, Close L next to R, Step forward on R

Note... Restart the dance again after 48 counts of Wall 3 (6.00) and Wall 4 (12.00) [*]

Ending... On wall 7 dance to count 23 and then make ¼ turn R and step L to L side to face 12.00 []**
