NoNoNoNoNo-Notso (zh)

Count: 32 **Wand:** 4 **Ebene:** Beginner
Choreograf/in: Pim van Grootel (NL) & Daniel Trepat (NL) - 2008年01月
Musik: Nuttin No Go So - Notch

第一段 **½ Turn With Weight Changes, Step, Touch, Step, Touch**
以轉換重心轉1/2, 踏 點, 踏 點

1 RF 1/8 Turn Left And Step Forward
左轉45度右足前踏
& LF Recover Weight 左足回復
2 RF 1/8 Turn Left And Step Forward 左轉45度右足前踏
& LF Recover Weight 左足回復
3 RF 1/8 Turn Left And Step Forward 左轉45度右足前踏
& LF Recover Weight 左足回復
4 RF 1/8 Turn Left And Step Forward 左轉45度右足前踏
& LF Recover Weight 左足回復
5 RF Step To Right Side 右足右踏
6 LF Touch Next To RF 左足併點
7 LF Step To Left Side 左足左踏
8 RF Touch Next To LF 右足併點

第二段 **Step, Touch, Step,Touch, Side Shuffle, Touch, Repeat To The Left**
踏 點 踏 點 側交換 點 換邊重覆做一次

1 RF Step To Right Side 右足右踏
& LF Touch Next To RF 左足併點
2 LF Step To Left Side 左足左踏
& RF Touch Next To LF 右足併點
3 RF Step To Right Side 右足右踏
& LF Step Next To RF 左足併踏
4 RF Step To Right Side 右足右踏
& LF Touch Next To RF 左足併點
5 LF Step To Left Side 左足左踏
& RF Touch Next To LF 右足併點
6 RF Step To Right Side 右足右踏
& LF Touch Next To RF 左足併點
7 LF Step To Left Side 左足左踏
& RF Step Next To LF 右足併踏
8 LF Step To Left Side 左足左踏
& RF Touch Next To LF 右足併點

第三段 **Heel-Hook Combination, Flick, Heel, Hook, Step, ¼ Turn Left Close, Rock With Butt Push 2x 重覆踵勾 踏, 1/4併, 下沉帶推臀二次**

1 RF Touch Heel Forward 右足踵前點

&	RF Hook RF In Front Of L.Leg 右足於左足前勾
2	RF Touch Heel Forward 右足踵前點
&	RF Flick RF To Side 右足於右後勾
3	RF Touch Heel Forward 右足踵前點
&	RF Hook RF In Front Of L.Leg 右足於左足前勾
4	RF Step Forward 右足前踏
&	LF ¼ Turn Left And Step Next To RF 左轉90度左足併踏
5	RF Step To Right Side, Raise Left Toe Up And Push Your Butt Slightly Diagonal Backwards 右足右踏, 左足趾前抬, 臀部略朝斜後推
6	LF Recover Weight 左足回復
&	RF Step Next To LF 右足併踏
7	LF Step To Left Side, Raise Right Toe Up And Push Your Butt Slightly Diagonal Backwards 左足左踏, 右足趾前抬, 臀部略朝後推
8	RF Recover Weight 右足回復

第四段	**Close, Step, Bodyroll 2x, Step, ¼ Turn With Hook Behind, Step, Hook Behind 2x 併 右 身體轉動共二次, 1/4帶後勾, 踏, 後勾二次**
&	LF Step Next To RF 左足併踏
1	RF Step To Right Side 右足右踏
2	Bounce And Roll Up From Hip 從臀部往上擺動
&	LF Step Next To RF 左足併踏
3	RF Step To Right Side 右足右踏
4	Bounce And Roll Up From Hip 從臀部往上擺動
5	RF Step Forward 右足前踏
&	LF ¼ Turn Left And Hook Behind R.Knee 左轉90度左足於右膝後勾
6	LF Step To Left 左足左踏
&	RF Hook Behind L.Knee 右足於左膝後勾
7	RF Step Forward 右足前踏
&	LF ¼ Turn Left And Hook Behind R.Knee 左轉90度左足於右膝後勾
8	LF Step To Left 左足左踏
&	RF Hook Behind L.Knee 右足於左膝後勾