Take a No Day



Count: 32 Wand: 4 Ebene: Easy Intermediate

Choreograf/in: Liz Atkinson (USA) - July 2021

Musik: Noday - DRAMAS



Thank you to my partner, Bradley, for finding this fun music!

#16 count intro - *1 Restart: Wall 3

S1: SIDE, ROCK BACK, RCVR, SIDE, ROCK BACK, RCVR, FWD, SHUFFLE FWD, 1/2 PIVOT FLICK

1 Step RF to R side

2&3 Rock LF behind RF, recover onto RF, step LF to L side4&5 Rock RF behind LF, recover onto LF, step RF forward

6&7 Shuffle fwd LF-RF-LF

8 Pivot 1/2 R and flick LF back (6:00)

S2: SIDE, CROSSING SHUFFLE, SIDE ROCK, RCVR, CROSS, SIDE, 1/4L SIDE, CROSS, POINT

1 Step LF to L side

Cross RF over LF, step LF behind RF, cross RF over LF
 Rock LF to L side, recover onto RF, cross LF over RF

6&7 Step RF to R side, turning 1/4L step LF to L side (3:00), cross RF over LF

8 Point LF to L side (3:00)

*On wall 3, step LF beside RF for an extra "&" count before restarting the dance here

Point LF to L side, step LF beside RF, step RF to R side

S3: CROSS, 1/4R SHUFFLE FWD, ROCK, RCVR, 1/2L, SHUFFLE FWD, 1/4L HITCH

1 Cross LF over RF

2&3 Turning 1/4R shuffle fwd RF-LF-RF (6:00)

4&5 Rock LF fwd, recover RF, turning 1/2L step LF fwd (12:00)

6&7 Shuffle fwd RF-LF-RF

8 Hitch L knee turning 1/4L (9:00)

S4: BACK, COASTER STEP, KICK, CLOSE, POINT, KICK, CLOSE, SIDE, FLICK BEHIND

1 Step LF back

2&3 Step RF back, step LF beside RF, step RF fwd
4&5 Kick LF fwd, step LF beside RF, point RF to R side
6&7 Kick RF fwd, step RF beside LF, step LF to L side

8 Flick RF behind L knee (9:00)

*ENDING: On wall 9 (starting at 6:00), dance through S3. Instead of hitching 1/4 L, hitch 1/2L and step LF behind on the final beat, facing the front. (12:00)

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