

# No Man's Land

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Craig Bennett (UK)

Musik: No Man's Land - Beverly Knight



## **BACK ROCK RECOVER, COASTER STEP, ROCK ½ TURN, STEP ¾ PIVOT TURN**

- 1&2 Rock back on right, recover onto left, step right to right side
- 3&4 Step back on left, step right beside left, step forward onto left
- 5&6 Rock forward on right, recover back onto left making ½ turn right and step forward onto right
- 7& Step forward onto left, make ½ turn left stepping back onto right
- 8 Make ¼ turn left stepping left to left side

## **HIP SWAYS, LEFT SHUFFLE FORWARD, STEP ½ PIVOT, ROCK ½ TURN RIGHT**

- 1-2-3 Sway hips to right, sway hips to left, sway hips to right making ¼ turn left
- 4&5 Step forward onto left, close right in place, step forward onto left
- 6& Step forward onto right, pivot ½ turn left
- 7&8 Rock forward on right, recover back onto left, make ½ turn right stepping forward onto right

## **¼ TURN SIDE STEP, BACK ROCK SIDE, CROSS ¼ TURN, ¼ TURN, BACK ROCK SIDE, COASTER**

- 1 Make ¼ turn right stepping left to left side
- 2&3 Rock back on right, recover onto left, step right to right side
- 4&5 Cross left over right, make ¼ turn left stepping back onto right, ¼ turn left stepping left to left side
- 6&7 Rock back onto right, recover onto left, step right to right side
- 8&1 Step back onto left, step right in place, step forward onto left

## **STEP ¼ TURN CROSS ROCK, RECOVER SWEEP HITCH, SAILOR ¼ TURN RIGHT, STEP ½ TURN SIDE**

- 2&3 Step forward onto right, ¼ turn left stepping left to left side, cross rock right over left
- 4 Recover weight back onto left while hitching right knee

### **During wall 1 and wall 7 restart dance at this point**

- 5&6 Step back onto right, make ¼ turn left stepping forward onto left, step forward onto right
- 7&8 Step forward onto left, pivot ½ turn right, step left to left side

## **REPEAT**

## **RESTART**

Restart on wall 1 after count 28

Restart on wall 7 after count 28, but this time hold the hitch for 2 extra counts before starting over