No More

Count: 32	**Wand:** 4	**Ebene:** Intermediate/Advanced hip hop

Choreograf/in: Amanda Delisle (USA) & Jamie Beaver

Musik: Rumors - Lindsay Lohan

WALK & JUMP, LEAN FORWARD & BACK, SAILOR STEP, FULL TURN

1&2	Walk forward right, left, jump in place landing with both feet about shoulder width apart & body leaning back to the right
3-4	Leaving feet where they are bring upper body forward to left, bring upper body back to right
&5&6	Transfer weight to left, sailor step right, left, right
7&8	Full turn to left bringing left next to right (no weight change), step left in place, step right slightly out to right side

SLIDE & GLIDE, BOOTY SHAKE

9-12	Bring left next to right, push off with left toe and slide right foot to right, bring left next to right, push off with left toe and slide right foot to right

Weight ends on right

13&14&	Step left to left making ¼ turn to right while shaking your bum, step right next to left while continuing to shake your bum
15&16	Step left to left while still shaking your bum, touch right next to left

SIDE TOUCHES, BODY ROLL, ½ TURN WITH WALKS, STEP TO SIDE WITH LOOK

17&18	Touch right to right side, step right next to left, touch left to left side
19&20	Body roll to left transferring weight to left, step right next to left, step left to left side
&21-22	Pivot ½ turn to right, step forward on right while bringing right forearm to chest level, step forward on left while bringing left forearm to chest level
&23&24	Step right next to left, step left to left side while bringing left forearm vertically in front of face, look to left, look center

& STEP, ¼ TURN, SAILOR STEP, FOOT SLIDE, JUMP & KICK

&25-26	Step right next to left, step left to left side, step right to right side making ¼ turn to right
27&28	Step left behind right, step right in place, step left to left side making ¼ turn to right
29-30	Slide right foot closer to left (but not all the way) while raising right shoulder, repeat action
31&32	Jump/step back on left making ¼ turn to left while kicking right foot forward, step right to right side making ¼ turn to right, step left next to right

REPEAT