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| No More Messing |  |

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| **Count:** | 32 | **Wall:** | 4 | **Level:** | Beginner / Improver | . |
| **Choreographer:** | #madebymelissa (UK) - May 2016 | | | | |
| **Music:** | I'm Your Man - Phillip Parsons : (EP - iTunes and amazon) | | | | |
| . | | | | | | |

**(32 Counts start on vocals + 2 restarts)**

**A: Right Kick Kick, Rock Back Recover, Right Shuffle, Rock left recover, behind and cross**

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| 1&2& | Kick Right foot forward twice, rock back onto right foot and recover onto left |

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| 3&4 | Step Forward onto Right, Step left next to right, step forward onto right |

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| 5&6 | Step left to side and rock on it then recover weight onto right foot |

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| 7&8 | Step left behind right, step right to the side, step left over right, weight on left |

**B: 2 x Left ¼ turns, run right left right, Left scuff step hip bump left 2 right 2 left**

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| 9&10& | Step right foot slightly forward and turn ¼ turn to left, repeat |

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| 11&12 | Run forward three short steps right left right |

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| 13&14 | Scuff left heel against right and step left forward (weight remains on right foot) and hip bump to left (diagnonally) |

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| 15&16& | Bump Hips twice to the right and twice to the left (diagonally) |

**C: Left Coaster ¼ turm. Right side together Right chassis shuffle with ¼ turn right Left step forward ½ turn left step onto left**

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| 17&18 | Step left behind right make ¼ turn over left shoulder step onto right then left |

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| 19-20 | Step right foot to side step left alongside right |

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| 21&22 | Step right to side, step left foot alongside right and making ¼ turn right over right shoulder stp right foot forward |

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| 23&24 | step left foot forward turn ½ turn over right shoulder stepping onto right foot, step left next but slightly apart from right |

**D: Stomp right, Scuff left, hitch Step left, Stomp right fan out and in, rock left recover scuff, left coaster step**

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| 25&26& | Stomp Right foot, scuff left next to right hitch left knee then stomp onto left |

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| 27&28 | Keeping weight on left Stomp right foot and fan toes to right and back and transfer weight to right foot |

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| 29&30 | Rock left to side recover onto right and scuff left heel |

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| 31&32 | Step back on left foot ,step right in place and step left in place |

**Restarts – Walls 1+2 complete in full, Wall 3 dance to beat 10 RESTART then walls 4&5 complete in full, wall 6 dance to beat 28 RESTART, then wall 7 continue to end**

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