|  |  |
| --- | --- |
| No No No |  |

.

|  |
| --- |
| . |
| **Count:** | 32 | **Wall:** | 2 | **Level:** | High Beginner | . |
| **Choreographer:** | Gail Smith (USA) & Lindy Bowers (USA) - June 2016 |
| **Music:** | NO - Meghan Trainor |
| . |

**INTRO: 4 Counts after the hard beat, on the word "MY" (My name is NO)**

**DIAGONAL SKATE SHUFFLES (R&L), STOMP- TOE FANS (R&L)**

|  |  |
| --- | --- |
| 1 & 2 | Skate R into a fwd R diagonal shuffle R-L-R |

|  |  |
| --- | --- |
| 3 & 4 | Skate L into a fwd L diagonal shuffle L-R-L |

|  |  |
| --- | --- |
| 5 & 6 | Stomp R slightly fwd, fan R toes out (look R), fan R toes in (look fwd) |

|  |  |
| --- | --- |
| 7 & 8 | Stomp L slightly fwd, fan L toes out (look L), fan L toes in (look fwd) |

**HIP SWAYS, SHUFFLE 1/4 TURN R, PIVOT 1/4 R w CROSS**

|  |  |
| --- | --- |
| 1-2-3-4 | Step R to side and swing your hips R-L-R-L (Styling option -Lick your lips) |

|  |  |
| --- | --- |
| 5 & 6 | Shuffle 1/4 turn R (R-L-R) 3:00 |

|  |  |
| --- | --- |
| 7 & 8 | Step L fwd, pivot 1/4 turn R, step L across R - 6:00 |

**\*\*\*\*\*\*\* RESTART on Wall 8. Happens facing 12:00**

**Music totally STOPS - HOLD for 2 counts (1&2), then Restart.**

**Styling - Shake head back & forth and wag finger - motioning NO, NO, NO!**

**SIDE SHUFFLE, BACK-ROCK-SIDE, STOMP-TAP-STEP (R & L)**

|  |  |
| --- | --- |
| 1 & 2 | Shuffle to R side ( R-L-R) |

|  |  |
| --- | --- |
| 3 & 4 | Rock L back, recover onto R, step L to side |

|  |  |
| --- | --- |
| 5 & 6 | Stomp R slightly fwd, tap heel in place, step R in place |

|  |  |
| --- | --- |
| 7 & 8 | Stomp L slightly fwd, tap heel in place, step L in place |

**SYNCOPATED ROCKING CHAIRS, PIVOT 1/2, PIVOT 1/2**

|  |  |
| --- | --- |
| 1 & 2 & | Rock R fwd, recover onto L, rock R back, recover onto L |

|  |  |
| --- | --- |
| 3 & 4 & | Rock R fwd, recover onto L, rock R back, recover onto L |

**(Option - Slow rocking chair)**

|  |  |
| --- | --- |
| 5 - 6 | Step R fwd, pivot 1/2 turn L - 12:00 |

|  |  |
| --- | --- |
| 7 - 8 | Step R fwd, pivot 1/2 turn L - 6:00 |

**(Option for two 1/2 pivot turns: Slow rocking chair)**

**One possible ending would be 2 slow rocking chairs.**

**Start Again**

**Contact Info:**

**Gail Smith - stepbystep.gail@gmail.com**

**Lindy Bowers - lindysdancelines@gmail.com**