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| No Mans Land |  |

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| **Count:** | 32 | **Wall:** | 4 | **Level:** | Intermediate | . |
| **Choreographer:** | Craig Bennett (UK) - April 2007 |
| **Music:** | No Man's Land - Beverly Knight : (Album: Music, City, Soul) |
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**Section 1Back 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  Section 2Hip 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   Section 3¼ 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  Section 4Step 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  \*\* RESTARTS: 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 START AGAIN AND ENJOY!   \*\* RESTARTS: Wall 1 after count 4 in section 4 Wall 7 after count 4 in section 4 but this time HOLD the hitch for 2 EXTRA counts, start over**