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)

$1 \& 2 \quad$ Skate $R$ into a fwd $R$ diagonal shuffle R-L-R
3 \& $4 \quad$ 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 \& $6 \quad$ Shuffle 1/4 turn R (R-L-R) 3:00
7 \& $8 \quad$ 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 \& $2 \quad$ Shuffle to $R$ side ( R-L-R)
3 \& $4 \quad$ Rock $L$ back, recover onto $R$, step $L$ to side
$5 \& 6 \quad$ Stomp R slightly fwd, tap heel in place, step $R$ in place
7 \& $8 \quad$ 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

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