

# No Mans Land

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Craig Bennett (UK) - April 2007

Music: No Man's Land - Beverly Knight : (Album: Music, City, Soul)



## Section 1      **Back 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 2      **Hip 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 3      **¼ 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 4      **Step 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**