

# No Na SHOOT

Compte: 64

Mur: 2

Niveau: Phrased Improver

Chorégraphe: Budi Satrio (INA), Lulu Yahya (INA) & Ria Lolong (INA) - May 2025

Musique: shoot - NO NA



Intro Music: 16 Counts

NO TAGS & NO RESTARTS

Sequence: AA BB AA BB AB AA

## Part A: 32 Counts

### S1. CROSS, POINT, SIT BACK, UP, BEHIND, ¼ TURN R, ½ PIVOT R

- 1-2 Cross RF over LF (1), Point LF to L side (2)
- 3-4 Sit weight back on R bending L knee, your body facing 10:30 (3), Recover back up, your body facing 12:00 (4)
- 5-6 Step LF behind RF (5), ¼ turn R step RF fwd (6) 3:00
- 7-8 Step LF fwd (7), ½ turn R move bodyweight to RF (8) 9:00

### S2. SHUFFLE FWD L-R, ½ PIVOT R, FWD, ¼ TURN L

- 1&2 Step LF fwd (1), Step RF beside LF (&), Step LF fwd (2)
- 3&4 Step RF fwd (3), Step LF beside RF (&), Step RF fwd (4)
- 5-6 Step LF fwd (5), ½ Turn R move body weight to RF (6) 3:00
- 7-8 Step LF fwd (7), ¼ Turn L step RF to R side (8) 12:00

### S3. FWD, SIDE ROCK, RECOVER, WALK BACK R-L, ANCHOR STEP R-L

- 1-2 & Step LF fwd (1), Rock RF to R side (2), Recover onto LF (&)
- 3-4 Step RF back (3), Step LF back (4)
- 5&6 Step RF back (5), Step LF in place (&), Step RF in place (6)
- 7&8 Step LF back (7), Step RF in place (&), Step LF in place (8)

### S4. KICK BALL CHANGE R X2, ¼ PADDLE L X2

- 1&2 Kick RF fwd (1), Step RF beside LF (&), Step LF in place (2)
- 3&4 Repeat 1&2
- 5-6 Step RF fwd (5), ¼ Turn L move body weight to LF (9:00)
- 7-8 Repeat 5-6 (6:00)

## Part B: 32 Counts

### S1. SHUFFLE FWD, SIDE ROCK, RECOVER, ¼ TURN R, SIT BACK, UP, HOLD

- 1&2 Step RF fwd (1), Step LF beside RF (&), Step RF fwd (2)
- 3-4 Rock LF to L side (3), Recover onto RF (4)
- 5-6 Turn ¼ R step LF fwd (3:00) Arms: Lift both arms fwd, hands straight, form the Index Finger Pistol with both hands (5), Sit weight back slightly on R bending L knee Arms: Bend both arms so index fingers facing up (6)
- 7-8 Straighten L knee move body weight onto LF Arms: Straighten both arms fwd, Index Fingers facing fwd (7), Hold (8)

### S2. WALK FWD R-L, CHASSE R, ¼ TURN L IN PLACE, SIT BACK, UP, HOLD

- 1-2 Step RF fwd (1), Step LF fwd (2)
- 3&4 Step RF to R side (3), Step LF beside RF (&), Step RF to R side (4)
- 5-6 Turn ¼ L step LF in place (12:00) Arms: Lift both arms fwd, hands straight, form the Index Finger Pistol with both hands (5), Sit weight back slightly on R bending L knee Arms: Bend both arms so index fingers facing up (6)
- 7-8 Straighten L knee move body weight onto LF Arms: Straighten both arms fwd, Index Fingers facing fwd (7), Hold (8)

### **S3. CROSS R, HITCH L, CROSS L, HITCH R, SWAY R-L-R-L**

- 1-2 Cross RF over LF (1), Hitch LF across RF (2)
- 3-4 Step LF across RF (3), Hitch RF (4)
- 5-6 Sway RF to R side Arms: Brush both hands on the side of your thighs from back to front (5),  
Sway LF to L side Arms: Brush both hands on the side of your thighs from front to back
- 7-8 Repeat 5-6

### **S4. WALK ½ TURN R, SIDE - HIP BUMP R-L**

- 1-4 Walk R-L-R-L turning ½ R (1-4) 6:00
- 5-6 Step RF to R side (5), Hip bump to L weight on RF (6)
- 7-8 Step LF to L side (7), Hip bump to R weight on LF (8)

**Enjoy the Dance!**

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