

No Stress

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Andre AR (INA) - February 2011

Musique: No Stress - Anggun C Sasmi



Intro: 32 Count (Start Dancing on Vocal)

BOTAFOGO X2 (R,L), FORWARD TOUCH, BACK TOUCH, ½ TURN RIGHT – SIDE TOUCH

- 1 & 2 Cross R over L, Step ball of L opened to side, Step R in place
- 3 & 4 Cross L over R, Step ball of R opened to side, step L in place
- 5 – 6 Touch R forward – sweep and touch R backward
- 7 – 8 Make an half turn Right Recover weight onto R – Touch L to side

BOTAFOGO X2 (L,R), TURN ¼ RIGHT SIDE ROCK, CROSS SHUFFLE

- 1 & 2 Cross L over R, Step ball of R opened to side, Step L in place
- 3 & 4 Cross R over L, Step ball of L opened to side, Step R in place
- 5 – 6 Turn ¼ Right Stepping L to left side – Recover onto R
- 7 & 8 Cross L over R, Step R slightly to side, cross L over R

KICK FORWARD – TOGETHER SWITCHES, KICK FORWARD TWICE, TOGETHER – KICK FWD SWITCHES, FORWARD - TOGETHER

- 1 & 2& Kick R fwd, Together R beside L, Kick L fwd, Together L beside R
- 3 – 4 Kick R forward – Repeat
- 5 & 6& Together R beside L, Kick L fwd, Together L beside R, Kick R fwd
- 7 – 8 Step R forward – close L together R

SIDE – CROSS BACK TOUCH -- X2 (R,L), PIVOT ½ LEFT, PRISSY WALK

- 1 – 2 Step R to right side – Cross touch L behind R
- 3 – 4 Step L to left side – Cross touch R behind L
- 5 – 6 Step R forward – turn ½ left Recover weight onto L
- 7 – 8 Cross walk forward on R – L

REPEAT

TAG: End of Wall 2, do these TAG :

SIDE TOUCH – CROSS (R,L), PIVOT ½ LEFT, PRISSY WALK

- 1 – 2 Touch R to side – Cross R over L
- 3 – 4 Touch L to side – Cross L over R
- 5 – 6 Step R forward – Pivot ½ left recover onto L
- 7 – 8 Cross walk forward on R - L