No to the No

拍数: 32	墙数: 4	级数: Improver
编舞者: Mitzi Day (USA) - May 2016		
音乐: NO - Meghan Trainor		

Dance starts after meghan sings sweet and finishes with a strong" No to the no to the no"
Note: every time the lyrics say, "no to the no to the no no no" the last section of 8 is danced.

(1-8) Rock recover, Big step left, Cross rock turn1/4 right, step on right. Very fast count.
1-2	Left rock back recover on right.
3-4	Big step to left. Step down on left.
5-6	Right cross over left. Recover on left.
7-8	Turn 1/4 right. Step down on right. (3:00)

(9-16) Press forward L ,recover R,Hitch L hold. Step back on L, R across L,step L to left side rock
1-2	Step L forward and lean forward over left foot keeping chest tall.In other words keeping frame. Recover weight on R.
3-4	Hitch left knee up.Hold.
5-6	Step slightly back on L, cross R over and put weight on R.
7-8	Step left to left side and rock on left, recover weight on R.(3:00)

(17-24) L kick step L down ,R side rock recover, full turn over left using 2 presses.(3:00)
1-2	Kick L foot forward, replace L on floor.
3-4	Step R to R side, then recover weight on L.
5-6	Look to your left and pick R knee slightly up and then push R on floor to help turn 1/2 to L Full weight stays on left
7-8	Keep looking to left and continue turning 1/2 left with one more R push (3:00) Full weight is still on L

(25-32) Step R big diagonal R, Touch L, Step big diagonal L, Touch R. Touch R out in big step R to R.
1-2	Big step R diagonal to R. Touch L to R instep keeping weight on R.
3-4	Big step L diagonal to L. Touch R to L instep keeping weight on L.
5-6	Keeping weight on L touch R toe to R side then touch R toe to L instep
7-8	Take big step to R and drag L

One easy Tag: when music is at 3:00 minutes after Meghan sings the section about untouchable and says "untouchable" a hundred times after the 32 ct dance you will be facing 9:00 and there will be dead air for 1 second.
Just freeze and breathe and start dance when music starts.