

# No, No, No

拍数: 80      墙数: 4      级数: Intermediate  
编舞者: Forty Arroyo (USA) - May 2016  
音乐: NO - Meghan Trainor



**\*4 beats after intro; Starts on lyric "My name is No"**

**Seq: 80, 80, 80, Tag: Do what you feel for 2 cts, dance 48 counts to end.**

## [1-8] □ R SAILOR STEP, L SAILOR STEP, CROSS, STEP, TOUCH, BOUNCE (3X)

1&2      Step R behind L, Step L to side, Step R to side  
3&4      Step □L behind R, Step R to side, Step L to side  
5-7      Cross R over L, Step back on L, Touch R toes back  
&&&      Bounce both heels 3 times – completing a ¼ to right – and shifting weight onto L.

## [9-16] □ CROSS ROCK, RECOVER, STEP SIDE (REPEAT), HIP SWAYS

1&2      Cross R over L(1), Recover weight on L(&), Step R to side(2)  
&3&      Cross L over R(&), Recover weight on R(3), Step L to side(&)  
4&      Cross R over L(4), Recover weight on L(&)  
5-8      Sway hips – right, left, right, left

## [17-32] REPEAT STEPS [1 THRU 16]

## [33-40] SIDE, TOGETHER, CROSS, ½ R, STEP BACK-KNEE POP, SHUFFLE, CHASE TURN

1&2      Step R slightly forward – right diagonal, Step L next to R, Cross R in front of L – prep for ½ R  
3,4      Pivot ½ right on R – stepping L next to R, Step back on R – popping L knee.  
5&6      Shuffle forward – L, R, L  
7&8      Step forward on R, Pivot ½ turn to left (weight on L), Step forward on R

## [41-48] REPEAT STEPS [33-40] WITH REVERSE FOOTWORK, (SIDE, TOGETHER, CROSS, ½ R, STEP BACK-KNEE POP, SHUFFLE, CHASE TURN)

1&2      Step L slightly forward – left diagonal, Step R next to L, Cross L in front of R – prep for ½ L  
3,4      Pivot ½ left on L – stepping R next to L, Step back on L – popping R knee.  
5&6      Shuffle forward – R, L, R  
7&8      Step forward on L, Pivot ½ turn to right (weight on R), Step forward on L (end at 6:00)

## [49-56] WEAWE WITH ¼ TURN, WEAWE RIGHT, REPEAT

1&2      Cross R in front of L, Step back on L making ¼ to right, Step R to side  
3&4      Step L behind R, Step R to side, Step L in front of R  
5&6      Cross R in front of L, Step back on L making ¼ to right, Step R to side  
5-8      Step L behind R, Step R to side, Step L in front of R (end at 12:00)

## [57-64] STEP, SWIVEL HEELS w/1/4 L - RLR, SIDE ROCK & CROSS (3X)

1, 2&3      Step R to side(1), Swivel heels right(2), Swivel heels left(&), Swivel heel right making a ¼ turn to left – weight on R(3)  
4&5      Rock L to side – on ball of L, Recover on R, Cross L over R  
&6&      Rock R to side – on ball of R, Recover on L, Cross R over L  
7&8      Rock L to side – on ball of L, Recover on R, Cross L over R (end at 9:00)

## [65-72] KICK BALL CHANGE, KICK BALL TOUCH, KICK BALL CHANGE, KICK BALL TOUCH

1&2      Kick R forward, Step R to side, Step L next to R  
3&4      Kick R forward, Step R to side, Touch L next to R  
5&6      Kick L forward, Step L to side, Step R next to L  
7&8      Kick L forward, Step L to side, Step R next to L

(styling: when doing step [65-72], angle body to R diagonal when kicking with R and L diagonal when kicking with L. Square off to the main wall when you touch.)

**[73-80]STEP OUT, OUT, SWING HIPS R & L, CROSS, STEP, SIDE, STOMP**

1,2 Step R slight forward right diagonal, Step L slightly forward left diagonal

3,4 Swing hips to right, Swings hips to left

5-8 Cross R over L, Step back on L, Step R slightly to side, Stomp L forward - left diagonal

**End at 9:00**

**Last Update – 24th July 2016**

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