

No Bad News

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Michele Burton (USA) & Michael Barr (USA)
音乐: Don't Nobody Bring Me No Bad News - Mabel King



VINE RIGHT, STEP BACK, SIDE, CROSS, TOUCH

- 1-4 Step right foot to right; step left behind right; step right foot to right; step left foot in front of right
- 5-8 Step right foot back; step left foot to back left diagonal; step right foot in front of left; touch left toe to left

Styling: counts 5-7 are intended to be taken with large steps

Optional arm styling: snap fingers on count 8

STEP ¼ TURN HITCH, STEP ½ TURN HITCH, TRIPLE FORWARD, ROCK AND STEP

- 1-2 Step forward on left foot; make ¼ turn left on ball of left foot, hitching right foot
- Styling: keep hitch low, point toe toward floor. You may want to hitch at ankle level or touch toe to floor**
- 3-4 Step forward on right foot; make ½ turn right on ball of right foot, hitching left foot
- 5&6 Step forward on left; step right beside left; step forward on left
- 7&8 Rock forward on right; return weight left; step back on right

¼ TURN SLIDE TOUCH, SHUFFLE FORWARD, ¾ BIG CIRCLE WALK AROUND

- 1-2 Turn ¼ turn left on ball of right foot, taking a large step left onto left foot; touch right beside left
- 3&4 Step forward on right; step left beside right; step forward to right diagonal on right foot (12:00 wall)
- 5-8 Step forward on left and continue to walk to the right, making ¾ of a circle for counts 5 - 8 (9:00 wall)

Optional arm styling: raise arms in the "Hallelujah Church Chorus Style," or do whatever you deem to be entertaining and fun

STEP TOUCH, AND TOUCH AND TOUCH, HIPS, HIPS, HIPS, HIPS

- 1-2 Step left foot to forward left diagonal; touch right beside left
- &3&4 Step right foot to forward right diagonal; touch left beside right; step left foot to forward left diagonal; touch right beside left
- 5-8 Step right foot to right and sway hips right; sway hips left; sway hips right; sway hips left, sliding right toe to touch beside left foot

Optional arm styling: hands in the baseball umpire's "safe" position: both hands away from body on count 5, cross at waist level on count 6, uncross hands away from body on count 7, snap fingers on count 8

REPEAT

THE BROADWAY FINISH

At the end (wall 11), the music slows down on count 4 of the first set of 8. Ignore the slow music. Continue to dance through count 20 (shuffle forward). Pick up the slow beat on the word "news." take 8 slow steps, beginning on the left foot, making a ½ circle right and continuing forward toward the front of the room

Arm styling: slowly lift arms up (from sides) to high "V" position for counts 1-7. On count 8, cross wrists over head. Count & hit high "V" position for big finish