

No Cost

拍数: 32 墙数: 2 级数: Intermediate
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音乐: Love Don't Cost a Thing - Jennifer Lopez



SYNCOPATED VINE, HEEL SWIVELS, HEEL PUMPS

- 1 Side right
- 2&3 Do a fast vine by stepping left behind right, side right, cross front left
- 4 Side right
- 5&6 Swivel right foot with toes to right, then left, then right while sliding right foot to right on floor
- To do this you should let the foot creep right by doing a toe, heel, swivel type action to move the foot along**
- 7-8 Raise and lower right heel up and down 2 times

SCUFF UP STEP TURNS, FEET APART STEPS, CROSS ROCK SLIDE

- 1&2 Turn ½ right 6:00 while scuffing left and bringing it up and back down to press to side
- On the '&' count, do the knee up press to side but don't take full weight as you use it again**
- 3&4 Repeat step again turning to face 12:00
- 5-6 Step left to side, right to side
- 7-8& Slide both feet back together with weight on left, cross right over left rocking, recover left
- Optional arms:**
- 5 Right arm down and across in front with fist
- 6 Left arm down and across in front with fist
- 7 Roll both fists forward and down in a full circle which feels like the crossed wrists invert

CROSS ROCK, VINE, TWIST TURN RONDE, SAILOR (1,2&3&4&5,6,7&8)

- 1 Big step side (slide) to right
- 2& Cross over rock left, recover right
- 3& Rock side left, recover right
- 4&5 Cross left over right and step, side right, cross behind left
- 6 Twist turn to left ½ turn ronde left foot
- 7&8 Do a step like a sailor step but finish with a brush with left rather than a step left-right-left
- That was cross left behind right, side right, brush left**

BRUSH AND LOCKS, TWIST TURN BOTH WAYS

- & From the step before your left foot is brushed on 8 so step down on left
- 1 Lock right behind left
- &2 Step forward and slightly side on left, brush right
- &3 Step right, lock left behind right
- &4 Step forward and slightly side on right, brush left
- & Cross left over right in twist turn position on
- 5-6 Take 2 counts to unwind to right and rewind up which will make a half turn or slightly more
- 7-8 Take 2 counts to unwind to left

During these last 4 counts there is the option to do popping type action to accent the 4 heavy beats. This can be accomplished by bringing the right arm up and left arm down in walking type movements bent at the elbow on count 5, reverse it on 6, reverse on 7, reverse on 8

REPEAT