

No Exception

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Maureen Jones (UK) & Michelle Jones (UK)
音乐: Men - The Forester Sisters



POINT, ¼ TURN, KICK-BALL-CROSS WITH ¼ TURN, LARGE STEP, TOUCH, ¼ TURN IN HEEL BOUNCES

- 1-2 Point right toe to right, make ¼ turn right, weight remains on left (right toe now touching forward, right heel raised and knees bent)
- 3&4 Kick right forward, step right beside left, starting ¼ turn left step left across right
- 5-6 Completing ¼ turn left make large step right on right, touch left beside right
- 7-8 Bouncing both heels twice make ¼ turn left (bend knees to produce heel bounces, body remains at a constant height) (weight ends on right)

CROSS, SYNCOPATED ROCK, CROSS, SYNCOPATED ROCK, LARGE STEP, DRAG, PADDLE ¼ TURN

- 9&10 Step left across right, rock right to right, recover weight left on left
- 11&12 Step right across left, rock left to left, recover weight right on right
- 13-14 Make large step forward on left (bend left knee), drag right to touch beside left (straightening knees)
- 15&16& Touch right to right and push hips right making 1/8th turn left, sway hips left, touch right to right and push hips right making 1/8th turn left, sway hips left

STEP, HOLD & LOOK RIGHT, MODIFIED SAILOR WITH ¼ TURN LEFT, MODIFIED SAILOR, LARGE STEP, DRAG

- 17-18 Step right to right, hold and turn head to look right while pointing to the right with right hand (women may take this opportunity to point at a man)
- 19-20& Step left to left, step right behind left, make ¼ turn left and step left slightly forward
- 21-22& Step right to right, step left behind right, step right to right
- 23-24 Make large step forward on left (bending left knee), drag right to step beside left (straightening knees)

HEEL RAISE, KICK-BACK-BACK, TOUCH, PIVOT, KICK-BACK-TOUCH

- 25-26 Rise up on toes by pushing both knees forward, drop heels to floor (weight on left)
- 27&28 Kick right forward, step back on right, step left back
- 29-30 Touch right toe back, pivot ½ turn right transferring weight to right
- 31&32 Kick left forward, step left back, touch right beside left

REPEAT
