

No, No, No

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Mare Dodd (USA)
音乐: We Really Shouldn't Be Doing This - George Strait



ROCK FORWARD & BACK; STEP-SLIDE; WIGGLE:

1-4 Rock forward on right, rock back on left; rock back on right; rock forward on left
5-6 Step right to right side (large step); slide left beside right
&7&8 Wiggle hips right-left-right-left

1-4 Rock forward on left; rock back on right; rock back on left; rock forward on right
5-6 Step left to left side (large step); slide right beside left
&7&8 Wiggle hips right-left-right-left

SHUFFLE FORWARD RIGHT; STEP-PIVOT ½ RIGHT; SHUFFLE FORWARD LEFT; STEP-PIVOT ½ LEFT:

1&2 Shuffle forward right-left-right
3-4 Step forward on left; pivot ½ right (weight. On right)
5&6 Shuffle forward left-right-left
7-8 Step forward on right; pivot ½ left (weight. On left)

RIGHT HEEL GRINDS MOVING LEFT; RIGHT COASTER STEP:

1-2 Cross right heel over left foot (1); turn toes to right as you step to left on left foot (2)
3-6 Repeat counts 1-2 twice more
7&8 Right coaster step

SHUFFLE FORWARD LEFT; STEP-PIVOT ½ LEFT; SHUFFLE FORWARD RIGHT; STEP-PIVOT ½ RIGHT

1&2 Shuffle forward left-right-left
3-4 Step forward on right; pivot ½ left (weight. On left)
5&6 Shuffle forward right-left-right
7-8 Step forward on left; pivot ½ right (weight. On right)

LEFT HEEL GRINDS MOVING RIGHT; LEFT COASTER STEP:

1-2 Cross left heel over right foot (1); turn toes to left as you step to right on right foot (2)
3-6 Repeat counts 1-2 twice more
7&8 Left coaster step

HIP BUMPS ("BOOGIE WALKS") FORWARD:

1&2 Stepping diagonally forward on right, bump hips diagonally forward: right-left-right
3&4 Stepping diagonally forward on left, bump hips diagonally forward: left-right-left
5&6-7&8 Repeat counts 1&2; repeat counts 3&4

ROCK-RECOVER; RIGHT TURNING SHUFFLE; ROCK-RECOVER; LEFT COASTER STEP:

1-2 Rock forward on right; recover back on left
3&4 As you turn ½ right, shuffle in place
5-6 Rock forward on left; recover back on right
7&8 Left coaster step

REPEAT

There is a break in the music, just do hip wiggles or whatever you think is fun!