

No Way

拍数: 32 墙数: 0 级数:
编舞者: Matt Thomson (USA)
音乐: I'm Not Running Anymore - John Mellencamp



STEP, LOCK, SHUFFLE, STEP, LOCK, SHUFFLE

1-2 Step forward with right foot, lock left foot behind right
3&4 Shuffle forward right left right
5-6 Step forward with left foot, lock right foot behind left
7&8 Shuffle forward left right left

ROCK, RECOVER, ¼ SHUFFLE, 4 COUNT WEAVE

1-2 Rock forward onto right foot, recover back onto left foot
3&4 Turn ¼ turn right stepping right to right side, step left together, step right to right side (hands move to lady's shoulders)
5-6 Cross left over right, step right to right side
7-8 Step left behind right, sep right to right side

CROSS ROCK, SIDE SHUFFLE, 4 COUNT ¼ WEAVE

1-2 Cross left over right, recover onto right
3&4 Step left to left side, step right next to left, step left to left side
5-6 Cross right over left, step left to left side
7-8 Step right behind left, ¼ turn left stepping forward on left (hands move back to cape position)

FOUR SHUFFLES FORWARD

1&2 Right, left, right
3&4 Left, right, left
5&6 Right, left, right
7&8 Left, right, left

REPEAT

OPTION

Last 8 count: windmill turn - Shuffle, shuffle with a prep to the right, ½ turn shuffle to left, ½ turn shuffle to left - lady turns over right shoulder on 2nd and 3rd shuffles