

No Worries

拍数: 32 墙数: 4 级数: Intermediate social cha
编舞者: Anne Hewitt (UK)
音乐: No Worries - Simon Webbe



SWAY, SWAY, SAILOR STEP, ¼ SAILOR TURN, STEP TURN

- 1-2 Step right to right side sway hips to right, step left to left side sway hips left
- 3&4 Step right behind left, step left to left side, step right to right side
- 5&6 Take ¼ turn left stepping back on left, step right to right side, step left to left side
- 7-8 Step forward on right, pivot ½ turn left. (you are now facing 3.o clock)

CROSS BACK BACK, CROSS BACK BACK, ROCK RECOVER, ¼ TURN HEEL STEP, HEEL STEP

- 1&2 Step right across left, step back on left, step right to right side. (moving back slightly)
- 3&4 Repeat above steps starting with left (moving back slightly)
- 5-6 Rock forward on right, recover on to left
- 7&8& Take a ¼ turn right stepping right heel to right side, step ball of left next to right (&) step right heel to right side, step ball of left next to right (6:00)

ROCK RECOVER, ½ TURN SHUFFLE FORWARD, ROCK RECOVER, LEFT SIDE SHUFFLE

- 1-2 Rock forward on right, recover on to left
- 3&4 Take sharp ½ turn right shuffling forward right, left, right
- 5-6 Rock forward on left, recover on to right
- 7&8 Side shuffle to left, left, right, left (12:00)

¼ TURN SHUFFLE, ½ TURN SHUFFLE, ¼ STEP BALL, ¼ STEP BALL, ¼ STEP BALL ¼ STEP BALL

- 1&2 Take a ¼ right, shuffling forward right, left, right
- 3&4 Take a ½ left shuffling forward left, right, left,
- 5& Complete a full circle right, turn starting ¼ right, stepping right forward, step ball of left next to right heel
- 6&7&8& Repeat three more times ending with the ball of the left stepped next to right (9:00)

REPEAT

Whenever Simon sings "turn the other way", just turn your head. This hits on steps 1&23&4 of the last section when you change direction with the shuffles.

Styling options, raise both arms elbows bent on the heel step heels and the circular turn at the end