拍数： 16
墥数： 4
级数：Intermediate
编舞者：Chris Hookie（USA）－December 1996
音乐：No News－Lonestar

From center make a slight jump back on left foot diagonally to the left Lift slightly and touch－down right heel in place where it was Shift weight forward on to right foot Return left foot center－left foot accepts the weight Right foot takes a very slight step to the right and accepts the weight Cross left foot over right foot and accept the weight Right foot takes a very slight step to the right and accepts the weight Cross left foot over right foot and accept the weight From center make a slight jump back on right foot diagonally to the right Lift slightly and touch－down left heel in place where it was Shift weight forward on to left foot Return right foot center－right foot accepts the weight Left foot takes a very slight step to the left and accepts the weight Cross right foot over left foot and accept the weight Left foot takes a very slight step to the left and accepts the weight Cross right foot over left foot and accept the weight

Make a slight jump back on left foot diagonally to the left
Lift slightly and touch－down right heel in place where it was
Shift weight forward on to right foot
Cross left foot over right foot and accept the weight
Make a slight jump back on right foot diagonally to the right
Lift slightly and touch－down left heel in place where it was
Shift weight forward on to left foot
Cross right foot over left foot and accept the weight
Make a slight jump back on left foot diagonally to the left and begin a $1 / 4$ turn to the right
Complete $1 / 4$ turn to the right and touch right heel straight forward
Slide right foot straight back next to left foot and accept the weight
Step forward on left foot
Make a $1 / 2$ turn pivot to the right on the ball of the left foot
Touch right toe straight forward
Slide right foot straight back next to left foot and accept the weight
Touch left foot center
REPEAT

