Enough Is Enough



拍数: 64

墙数: 4

级数: Intermediate / Advanced

编舞者: Pat Stott (UK), Lizzie Stott (UK) & Jennie Stott (UK) - January 2009

音乐: No More Tears (Enough is Enough) - Amber & Zelma Davis



Commence after 32 counts (on the vocals) 15 seconds	
Forward, Forward, Back, Back, Forward, Twist, Forward, Ronde Kick	
1	Step forward on right pushing right arm forward with palm facing forward (as if you are saying "stop!)
2	Step forward on left pushing left arm forward with palm facing forward (as if you are saying "stop")
3	Step back on right bringing arm back with hand at shoulder level with palm still facing forward
4 5	Step back on left bringing arm back with hand at shoulder level with palm still facing forward Touch right toe forward keeping weight mainly on left, again pushing right arm forward (as
above) (place palm of left hand on the front of the left hip bone)	
6 6	Keeping right toe forward bring right arm back to shoulder level and twist body ¼ to right keeping knees flexed (turn head to right)
7	Turn body back to 12 0'clock(weight is still on left with right toe forward) and push right arm forward (as above) turn head to front
8	Relax arms and ronde right round to the right side with a kick
Sailor Step, Sailor Step, Step Forward, Bounce, Bounce, Kick	
1&2	Right behind left, left to left, right in place
3&4	Left behind right, right to right, left in place
5–8	Right foot forward , raise and lower both heels twice (bounce, bounce) turning $\frac{1}{2}$ to left , kick left forward
Coaster Step, Walk, Walk, Side, Rock, Close, Side, Rock, Close	
1&2	Step back on left, close right to left, step forward on left
3–4	Walk forward on right, walk forward on left
5-6&	Rock right to right, recover on left, close right to left
7-8&	Rock left to left, recover on right, close left to right
Side, Push, ¼ Turn, Slide And Hook, Shuffle Forward, Rock Forward, Recover	
1–2	Rock right to right, push off right foot and take a step to left
3–4	Turning 1/4 to right slide right towards left, hook right in front of left
5&6	Step forward on right, close left to right, step forward on right
7–8	Rock forward on left, recover onto right
Lock Step Back, Reverse ½ Pivot, Stomp, Hold, Close, Step, Tap	
1&2	Step back on left, cross right in front of left, step back on left
3–4	Touch right toe back, turn ½ right transferring weight to right
5–6	Stomp left forward to left diagonal, hold
&7,8	Close right to left, step forward to left diagonal, tap right next to left
Cross, Recover, Chasse To Right, Cross, Recover, Side, Slide	
1–2	Cross right over left, recover on left
3&4	Step right to right, close left to right, step right to right (or rolling vine)
5–6	Cross left over right, recover on left
7–8	Large step to left, drag right to left (keeping weight on left)

Back, Touch, Hold, Back, Touch, Hold, Back, Touch, Back, Touch, Back, Touch, Kick

- &1-2 Step right diagonally back, touch left next to right, hold
- &3-4 Step left diagonally back, touch right next to left, hold
- &5Step diagonally back on right, touch left next to right
- &6Step diagonally back on left, touch right next to left
- &7,8 Step diagonally back on right, touch left next to right, kick left across right to right diagonal

Touch, Touch Behind, Slow 1/2 Turn, ½ Pivot, Walk, Walk (Or Full Turn)

- 1–2 Touch left toe to left, touch left toe behind right
- 3–4 Knees flexed slowly turn ½ to left straightening legs on beat 4 with weight on left
- 5–6 Step forward on right, ¹/₂ pivot left transferring weight to left
- 7–8 Walk forward on right, walk forward on left (or turn ½ left stepping back on right, turn ½ left stepping forward on left)

*1st TAG: END of wall 1 (facing 3 0'clock) Dance steps 1–4

*2nd TAG: END of wall 4 (facing 12 0'clock)

- 1–2 Step right to side pushing right palm forward, hold
- 3 Bring right back to shoulder level and push left palm forward
- & Bring left back to shoulder level and push right palm forward
- 4& Bring right back to shoulder level and push left palm forward transferring weight to left, bring left arm back as you begin the dance again

Option to 2nd tag: just dance steps 1 - 4 as per the1st tag at the end of wall 1

Ending to dance: The music will end after the last 2 walks forward facing 9 0'clock – just stomp right foot forward pushing Right palm forward and hold (and pose!)

Have fun! patstott1@hotmail.co.uk