

No Going Back

拍数: 40 墙数: 4 级数: Intermediate NC2S
编舞者: Karl-Harry Winson (UK) - July 2012
音乐: Written In the Stars (With Elton John) - LeAnn Rimes : (Album: Greatest Hits 1970-2002)



Intro: 12 Count/14 Seconds (Start on vocals)

Basic NC Right. Full turn Right. Cross. Basic NC Left. Grapevine 1/2 Right.

- 1,2& Step Right long step to Right side. Rock back on Left. Recover weight on Right crossing over Left.
- 3& Make 1/4 Right Stepping Left back. Make 1/2 Right stepping Right forward (9.00).
- 4& Make 1/4 Right stepping Left to Left side. Cross Step Right over Left (12.00).
- 5,6& Step Left long step to Left side. Rock back on Right. Recover weight on Left crossing over Right.
- 7& Step Right to Right side. Cross step Left behind Right.
- 8& Make 1/4 Right stepping Right forward. Make 1/4 Right stepping Left to Left side (6.00).

Back Rock. 1/2 Turn Left-Sweep. Back Rock. Full turn Right. Step. Step Lock-Step. Sweep. Jazz Box 1/4 Right.

- 1&2 Rock Right back. Recover weight on Left. Make 1/2 Left stepping Right back and sweep Left from front to back.
- 3& Rock Left back. Recover weight forward on Right.
- 4& Make 1/2 Right Stepping Left back. Make 1/2 Right stepping Right forward (12.00).
- 5&6 Step Left forward. Lock Right behind Left. Step Left forward.
- & Sweep Right around from back to front.
- 7& Cross Step Right over Left. Make 1/4 Right stepping Left back.
- 8& Step Right to Right side. Cross Step Left over Right (3.00).

Basic NC Right. 1/2 turn Right. Cross. Side Rock-Cross. 1/2 turn Right. Cross. Side Rock-Cross.

- 1,2& Step Right long step to Right side. Rock back on Left. Recover weight on Right crossing over Left.
- 3& Make 1/4 Right stepping Left back. Make 1/4 Right stepping Right to Right side (9.00).
- 4& Cross Left over Right. Rock Right to Right side.
- 5& Recover weight on Left. Cross Step Right over Left.
- 6& Make 1/4 Right stepping Left back. Make 1/4 Right stepping Right to side (3.00).
- 7& Cross Left over Right. Rock Right to Right side.
- 8& Recover weight on Left. Cross Step Right over Left.

Basic NC Left. Basic NC Right. 1/4 Turn Left. Mambo 1/2 Turn. Triple Full Turn. Sweep.

- 1,2& Step Left long step to Left side. Rock back on Right. Recover weight on Left.
- 3,4& Step Right long step to Right side. Rock back on Left. Recover weight on Right.
- 5 Make 1/4 Left stepping Left forward.
- 6&7 Rock forward on Right. Recover weight on Left. Make 1/2 Right stepping Right forward (6.00).
- &8 Make 1/2 Right stepping Left back. Make 1/2 Right stepping Right forward.
- & Step forward on Left and sweep Right from back to front. *Restart Here on Wall 5 (Touch instead of Sweep)

Note: Can replace counts: &8& (triple full turn) with Left Step-Lock-Step, Sweep.

Prissy Walks X2. Syncopated Jazz Box. 1 1/4 Rolling Vine Left. Hip Sways X2.

- 1 – 2 Walk forward on Right crossing Right over Left. Walk forward on Left crossing Left over Right.

3& Cross Right over Left. Step back on Left.
4& Step Right to Right side. Touch Left beside Right.
5&6 Make 1/4 Left stepping Left forward. Make 1/2 Left stepping Right back. Make 1/2 Left stepping Left forward.
& Touch Right beside Left.
7 – 8 Step Right to Right side swaying hips Right. Sway hips Left (3.00).

***Restart: On Wall 5 (6 O'clock Wall) dance up to counts &&& (Triple Full Turn) of Section 4 and touch Right beside Left instead of a Sweep ready to start dance again.**

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