

# No, No, No

**COPPER KNOB**  
STEPPERS

拍數: 80      牆數: 4      級數: Intermediate  
編舞者: Forty Arroyo (USA) - May 2016  
音樂: NO - Meghan Trainor



\*4 beats after intro; Starts on lyric "My name is No"

Seq: 80, 80, 80, Tag: Do what you feel for 2 cts, dance 48 counts to end.

## [1-8] □ R SAILOR STEP, L SAILOR STEP, CROSS, STEP, TOUCH, BOUNCE (3X)

- 1&2      Step R behind L, Step L to side, Step R to side
- 3&4      Step □ L behind R, Step R to side, Step L to side
- 5-7      Cross R over L, Step back on L, Touch R toes back
- 8&8      Bounce both heels 3 times – completing a ¼ to right – and shifting weight onto L.

## [9-16] □ CROSS ROCK, RECOVER, STEP SIDE (REPEAT), HIP SWAYS

- 1&2      Cross R over L(1), Recover weight on L(&), Step R to side(2)
- 8&3&      Cross L over R(&), Recover weight on R(3), Step L to side(&)
- 4&      Cross R over L(4), Recover weight on L(&)
- 5-8      Sway hips – right, left, right, left

## [17-32] REPEAT STEPS [1 THRU 16]

## [33-40] SIDE, TOGETHER, CROSS, ½ R, STEP BACK-KNEE POP, SHUFFLE, CHASE TURN

- 1&2      Step R slightly forward – right diagonal, Step L next to R, Cross R in front of L – prep for ½ R
- 3,4      Pivot ½ right on R – stepping L next to R, Step back on R – popping L knee.
- 5&6      Shuffle forward – L, R, L
- 7&8      Step forward on R, Pivot ½ turn to left (weight on L), Step forward on R

## [41-48] REPEAT STEPS [33-40] WITH REVERSE FOOTWORK, (SIDE, TOGETHER, CROSS, ½ R, STEP BACK-KNEE POP, SHUFFLE, CHASE TURN)

- 1&2      Step L slightly forward – left diagonal, Step R next to L, Cross L in front of R – prep for ½ L
- 3,4      Pivot ½ left on L – stepping R next to L, Step back on L – popping R knee.
- 5&6      Shuffle forward – R, L, R
- 7&8      Step forward on L, Pivot ½ turn to right (weight on R), Step forward on L (end at 6:00)

## [49-56] WEAWE WITH ¼ TURN, WEAWE RIGHT, REPEAT

- 1&2      Cross R in front of L, Step back on L making ¼ to right, Step R to side
- 3&4      Step L behind R, Step R to side, Step L in front of R
- 5&6      Cross R in front of L, Step back on L making ¼ to right, Step R to side
- 5-8      Step L behind R, Step R to side, Step L in front of R (end at 12:00)

## [57-64] STEP, SWIVEL HEELS w/1/4 L - RLR, SIDE ROCK & CROSS (3X)

- 1, 2&3      Step R to side(1), Swivel heels right(2), Swivel heels left(&), Swivel heel right making a ¼ turn to left – weight on R(3)
- 4&5      Rock L to side – on ball of L, Recover on R, Cross L over R
- 8&6&      Rock R to side – on ball of R, Recover on L, Cross R over L
- 7&8      Rock L to side – on ball of L, Recover on R, Cross L over R (end at 9:00)

## [65-72] KICK BALL CHANGE, KICK BALL TOUCH, KICK BALL CHANGE, KICK BALL TOUCH

- 1&2      Kick R forward, Step R to side, Step L next to R
- 3&4      Kick R forward, Step R to side, Touch L next to R
- 5&6      Kick L forward, Step L to side, Step R next to L
- 7&8      Kick L forward, Step L to side, Step R next to L

(styling: when doing step [65-72], angle body to R diagonal when kicking with R and L diagonal when kicking with L. Square off to the main wall when you touch.)

**[73-80]STEP OUT, OUT, SWING HIPS R & L, CROSS, STEP, SIDE, STOMP**

1,2	Step R slight forward right diagonal, Step L slightly forward left diagonal
3,4	Swing hips to right, Swings hips to left
5-8	Cross R over L, Step back on L, Step R slightly to side, Stomp L forward - left diagonal

**End at 9:00**

**Last Update – 24th July 2016**

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